

Tanya A. Atagi, M.D. • Plastic Surgery

Sky Ridge Conifer Building
10099 RidgeGate Parkway, Suite 430
Lone Tree, CO 80124
303-327-7300 • 877-300-6050
Fax 303-327-7304 • www.atagimd.com



LIST OF HERBS WITH POTENTIAL ADVERSE EFFECTS DURING AND AFTER SURGERY

Natural products, including herbal remedies, Traditional Chinese herbs, dietary aids, vitamins and supplements, can adversely affect patients during and after surgery. These products may increase bleeding risk or might lead to adverse events such as inadequate or prolonged anesthesia, among other things. **Because it is very difficult to know the potential effects of all products that our patients take, we recommend that our patients stop taking all herbs, vitamins, and dietary or weight reduction supplements for 2 weeks before and 2 weeks after surgery.** Below is a limited list of herbs with known adverse effects. To learn what these effects are, please refer to the attached herb handout. This is by no means a complete list, so please contact us if you have further questions.

BD	Lobelia
Bitter lemon	Lycium
Bitter orange	Marijuana
Caffeine and caffeine-containing herbs (green and black tea, guarana, cola nut and mate)	Meadow sweet
Chamomile	Melatonin
Chromium	Milk thistle
Country mallow	Mother wort
Dan shen	Passion flower
Dong quai	Poke grass
Echinacea	Poplar
Ephedra (Ma-Huang)	Prickly ash
Evening primrose oil	Quassia
Feverfew	Red clover
Fish Oils (Omega-3)	Saw palmetto
5-HTP	Shepherd's purse
Garlic	Skull cap
GBL	Squill
GHB	St. John's Wort
Ginger	Synephrine
Ginkgo (biloba)	Traditional Chinese Herbs (for example: chuan xiong, dang shen, huang qin, dang gui, ren shen, huang qin, da huang, jiao gu lan, and pu huang)
Ginseng	Uva-ursa
Glucomannan	Valerian
Goldenseal	Vitamin E
Grapefruit	Willow
Hops	Yarrow
Horse chestnut	Yohimbe
Horseradish	Zea
Ipriflavone	
Juniper	
Kava-Kava	
Khat	
Lavender	
Lemon balm	
Licorice	