

Vitamins, minerals and supplements use before surgery

Unlike prescription and over-the-counter medications, the FDA does not monitor supplements. Even if you have been taking them without problems, some can increase the risk of complications with surgery or procedures because they:

- Prolong the effects of anesthesia
- Increase the risk of bleeding
- Raise blood pressure
- Interfere with other medications
- Can cause an increased risk of heart problems

We ask that you stop the use of vitamins and supplements **two weeks prior to surgery**, unless otherwise instructed by your surgeon. Here are some examples of common supplements known to thin your blood and affect anesthesia:

- Agrimony
- Aloe
- Arnica montana
- Baikal skullcap root
- Bak Foong pills
- Bromelain
- Cayenne pepper
- Chamomile
- Chinese Peony
- Chondroitin
- Cinnamon
- Curcumin
- Danshen
- Devil's claw
- Echinacea
- Ephedra (Ma-Huang)
- Feverfew
- Fish oil (Omega-3)
- Fritillary bulbs
- Garlic
- Geum japonicum
- Ginger
- Ginkgo Biloba
- Ginseng
- Glucosamine
- Grape seed extract

- Guilinggao (tortoise jelly)
- Japanese honeysuckle
- Kangen-karyu
- Kava root
- Licorice
- Melatonin
- Multivitamin
- Oil of wintergreen
- Poncitrin (jishi)
- Primrose
- Red chili pepper (capsaicin)
- Saw palmetto
- Seasonal tonic tea
- St. John's Wort
- Ta Gastronol tea
- Turmeric
- Valerian root
- Vitamin E

Please note: There are thousands of different vitamins and supplements on the market. If yours are not listed, that doesn't mean they are safe to take prior to surgery.

Some minerals are safe to take prior to surgery. Here is a list of those that will not cause any issues with anesthesia:

- Iron
- Magnesium
- Potassium
- Vitamin B
- Vitamin C
- Vitamin D
- Zinc

If you are unsure as to which vitamins, supplements and minerals are safe to take prior to your surgery, please speak with a member of your care team.

References:

Aesthetic Surgery Journal, Volume 32, Issue 3. It's a publication of The American Society for Aesthetic Plastic Surgery

American Society of Anesthesiologist. Asahq.org/
WhenSecondsCount.