



These commonly used supplements can jeopardize your surgery and interfere with your anesthesia. They MUST BE discontinued two weeks prior to surgery.

Vitamin E

Omega Fish Oil

Flaxseed

St. Johns Wort

Yohimbe (the natural Viagra)

Licorice Root

Gingko Biloba

Ginger, garlic, cayenne and bilberry

Ginseng

Melatonin

Echinacea

Aloe