

MICHAEL A. PERSKY MD, FACS
SARMELA SUNDER MD
FACIAL PLASTIC SURGERY

16311 VENTURA BLVD. SUITE 600
ENCINO, CA 91436
(818) 501-3223

HERBS & SUPPLEMENTS NOT TO TAKE:

Aloe	Fish Oil	Melatonin
Bilberry	Flax Seeds	Oils (Safflower, Omega-6/3)
Cayenne	GAG's	Omega fats
Cellasene	Garlic	Pantethine
Cellustop	Ginger	Selenium
Celluthin	Ginko Bilboa	St. John's Wort
Chamomile tea	Ginseng	Sweet Clover
Chia Seeds	Glucosamine	Taurine
Chondroitin	Green Tea	Valerian Root
Echinacea	Licorice Root	Vitamin B-6
Ephedra	Ma Huang	Wine
Fish	Magnesium	Yohimb

To prepare for surgery, you must take stock of the nutritional supplements you take on a regular basis. Although generally beneficial and safe, the use of **certain** nutritional supplements around the time of surgery may not be desirable.

While the biggest concern is prolonged bleeding after surgery, other adverse reactions that occur as a result of supplement use include interference with anesthesia, cardiovascular disturbances and interaction with prescription drugs. To ensure the best surgical outcome, the American Society of Anesthesiologists (ASA) recommends that the following nutritional supplements be discontinued two weeks prior to surgery and for two weeks after surgery:

Bilberry (*Vaccinium myrtillus*) – Contains compounds called anthocyanosides, and flavonoid compounds that strengthen blood vessels, improve circulation and can be useful in treating eye disorders. ***Bilberry can affect blood cells called platelets and may increase bleeding.***

Cayenne (*Capsicum frutescens*) – Also known as red pepper, cayenne lowers levels of cholesterol in the blood, which can help to lower blood pressure. ***Cayenne may affect platelets and an overdose can cause a significant drop in body temperature.***

Initials

Dong Quai (*Angelica sinensis*) – An all-purpose women's herb used to provide energy and regulate female hormones. ***An active constituent in dong quai is a coumarin-like compound, which may increase existing anticoagulant (blood-thinning) medications.***

Echinacea (*Echinacea augustifolia*) – Used to boost the immune system and for infections of the respiratory

tract. ***Echinacea may negatively affect the liver when general anesthetics or certain other medications are used.***

Feverfew (*Tanacetum parthenium*) – From the Latin word, febrifuge, which means fever-reducing, the herb is used mainly to treat migraine headaches. ***Feverfew may increase bleeding, especially in patients taking certain blood-thinning medications.***

Fish Oil – The Omega-3 essential fatty acids found in fish oil are beneficial for lowering blood pressure, cholesterol and triglyceride levels and reducing the risk of heart disease. ***Fish Oil has blood-thinning properties which can be problematic during surgery.***

Garlic (*Allium sativum*) – Used therapeutically to prevent and treat atherosclerosis (hardening of the arteries) and elevated cholesterol. ***Garlic may augment the effects of blood-thinners like Coumadin® (warfarin) and non-steroidal anti-inflammatory drugs (NSAIDs) causing abnormal bleeding time.***

Ginger (*Zingiber officinale*) – Stimulates the digestive system and helps relieve motion sickness, nausea and vomiting. ***Use of ginger may alter bleeding time and interfere with cardiac and anticoagulant medications.***

Ginkgo Biloba (*Ginkgo biloba*) – One of the oldest living tree species and one of the best researched herbal medicines. Ginkgo biloba improves blood circulation by strengthening the vascular system and inhibiting platelet aggregation. Ginkgo is also used to help prevent mental deterioration in the elderly. ***Ginkgo has significant blood-thinning activity which is three times stronger than Vitamin E.***

Ginseng (*Panax quinquefolium*/*Panax ginseng*) – Ginseng is a so-called adaptogen (increases physiological resistance to stress) and an antioxidant. Commonly taken to enhance physical and cognitive performance. ***Ginseng acts as an anticoagulant and may interact with cardiac, high-blood pressure medications and blood-glucose lowering medications.***

Green Tea Research has shown that Green Tea can prevent the formation of these potentially harmful blood clots. Green Tea inhibits the production of thromboxane (a modified type of fatty acid circulating in the bloodstream), and low blood levels of thromboxane in turn inhibit clot formation, animal studies have confirmed that Green Tea reduces clotting, and some evidence suggests that, much like aspirin, the cholesterol inhibitor present in ***Green Tea (EGCG) also acts as an anticoagulant, or blood thinner.***

Hawthorne (*Crataegus laevigata*) – Hawthorne is used for deteriorating heart function and may be helpful for angina, arteriosclerosis and some mild types of abnormal heart rhythm (arrhythmia). ***Hawthorne can enhance the effects of the heart medication digitalis (Lanoxin or Digoxin).***

Kava Kava (*Piper methysticum*) – Kava root preparations reduce stress-related anxiety and the effects of anxiety disorders. ***Kava kava may potentiate the effects of medications including: barbiturates, alcohol, antidepressants, antipsychotics, and general anesthetics.***

Licorice Root (*Glycyrrhiza glabra*) – Traditionally used for coughs and as a soothing remedy for the skin. ***Glycyrrhizic acid in real licorice may cause high blood pressure, lower potassium levels in the blood and enhance tissue swelling (edema).***

Initials

Ma Huang (*Ephedra sinica*) – More widely known as ephedra, the herb was found in weight loss and energy supplements until it was banned by the Food & Drug Administration (FDA) in 2003. ***Although some products have substituted ephedra with bitter orange, both herbs have similar effects on the cardiovascular system including hypertension, rapid heart rate, cardiomyopathy (heart muscle inflammation), and abnormal heart rhythm.***

Melatonin - A hormone that is secreted by the pineal gland located in the brain. Since melatonin controls the body's sleep-wake cycle, it is often used to counteract sleeplessness and jet lag. ***Melatonin may potentiate the central nervous system effects of barbiturate drugs (produce relaxation and sleep) and general anesthetics.***

Red Clover (*Trifolium pratense*) – An herb that is a rich source of isoflavones and used to treat a number of

conditions associated with menopause. ***An active constituent in red clover includes coumarin derivatives, which may potentiate existing anticoagulant medications.***

St. John's Wort (*Hypericum perforatum*) – An herbal medicine used to treat mild to moderate depression and seasonal affective disorder (SAD). ***Since St. John's Wort works like the antidepressants called monoamine oxidase (MAO) inhibitors, it may interact with these drugs. In addition, many other drug interactions have been reported with St. John's Wort.***

Valerian (*Valeriana officinalis*) – Valerian eases insomnia, stress-related anxiety and nervous restlessness. ***Valerian is a sedative herb and may increase the effects of other anti-anxiety medications or prescription painkillers.***

Vitamin E – Vitamin E is fat-soluble vitamin that is a strong antioxidant and may protect cells from free-radical damage. This nutrient may play a role in the prevention and treatment of cardiovascular disease and other aging-related degenerative disorders. ***Vitamin E also has anti-clotting activity that can prolong bleeding time during surgery.***

Yohimbe (*Corynanthe yohimbe*) – As a natural “Viagra®”, yohimbe is touted as a sexual stimulant and as a potential treatment for male impotence. ***Yohimbe can raise the heart rate and blood pressure, and increase the potency of anesthetics.***

Initials

MICHAEL A. PERSKY MD, FACS
SARMELA SUNDER MD
FACIAL PLASTIC SURGERY

16311 VENTURA BLVD. SUITE 600
ENCINO, CA 91436
(818) 501-3223

IMPORTANT

ASPIRIN AND ANTI-INFLAMMATORY CONTAINING MEDICATIONS MUST **NOT** BE TAKEN FOR 2 WEEKS **BEFORE AND AFTER** SURGERY **AND/OR** CANNOT BE RESUMED UNTIL INSTUCTED BY THE DOCTOR. MEDICATIONS MUST **NOT** BE TAKEN FOR 1 WEEK BEFORE NON-SURGICAL PROCEDURES INCLUDING INJECTABLES AND MAY BE RESUMED 2 TO 5 DAYS AFTER NON-SURGICAL TREATMENT UNLESS OTHERWISE INSTRUCTED BY THE DOCTOR. THESE DRUGS MAY INTERFERE WITH NORMAL BLOOD CLOTTING DURING AND AFTER YOUR PROCEDURE. If you must take a “pain” reliever, Tylenol® is okay.

It is extremely important that you do not take any medications containing aspirin for two weeks prior to your surgical procedure. If you have any questions, please call the office.

There is a non-aspirin pain relief over the counter medications called IBUPROFEN and NAPROSYN that also interfere with normal blood clotting and should not be used for two weeks prior to your procedure. These drugs are marketed under the names of ADVIL, NUPRIN, MOTRIN, and ALEVE.

Anti-inflammatory medications commonly prescribed for arthritis and menstrual cramps also interfere with normal blood clotting. The names of these medications are: Motrin, Naprosyn, Baxtrin, Tolectin, Feldene, Clinoril, Indocin, Meclomin, and Nalfon.

Other medications to stay away from for two weeks prior to surgery are: Green Tea, Vitamin E, Vitamin A (oral and topical such as Retin A, Retinol etc...) garlic tablets, fish oil capsules, and all herbal and diet aids see “HERBS NOT TO TAKE” form for a full list.

Additionally, for one month prior to surgery do not take St. John’s Wort or medications/vitamins that contain this compound.

Tips for a speedy recovery after non-surgical facial procedures such as fillers, microneedling, Ultherapy, Profound & Fraxel:

Sleep elevated on your back for 24-48 hours (extra pillows)

Do not exercise for at least 24 hours and until swelling exits

Avoid wine and alcohol 24-48 hours prior to your procedure

Take Arnica Montana (12c or 6c strength) 3 to 5 days prior to your procedure to avoid bruising and swelling

Use icepacks on/off as needed until swelling is gone

Do not apply pressure on treated area (such as getting a massage face down or getting a facial) for 7-10 days

Eat fresh pineapple 2-3 times for 1-2 days prior to procedure to avoid bruising and swelling

Patient Signature

Date