



# Plastic Surgery & Dermatology Associates (PSDA)

## Dr Lowe's Medication & Supplement Alert List

Do not ingest any brand of aspirin, or any of the following aspirin containing, MAO inhibiting and serotonin drugs for 14 days prior to surgery and 14 days after surgery. Disclose EVERY medication, oil, supplements, suspension, etc. – your life and well-being may depend upon it. Aspirin and aspirin containing products, as well as some supplements and “nutraceuticals” may inhibit blood clotting and cause difficulties during and after surgery. If you need an aspirin-free fever reducer/pain reliever, take Tylenol.

If you smoke, you shouldn't smoke for at least 2 months prior and at least 2 weeks after your surgery date. Smoking significantly reduces your body's superficial circulation and vascularity. This means difficulty in bringing much needed oxygen to your tissues for proper healing.

Many people take herbal supplements and some are good but MANY are contraindicated with anesthesia or surgery in general. Please don't be embarrassed about telling your surgeon or anesthesiologist – especially if you are taking them for weight loss, to increase sexual stamina, for acne treatment or for depression. For a complete list of supplements to avoid before surgery, visit: [facialplasticsurgery.net](http://facialplasticsurgery.net). You can also check with your pharmacist for contraindications when taking medications in combination with herbal supplements.

Some of these medications are:

**Vitamin E** – It has anti-platelet properties and inhibits vital clot formation. Please cease consuming Vitamin E at least 2-3 weeks prior to any surgery and for 2-3 weeks afterward.

**Garlic, Ginger, Alfalfa, Cayenne, Papaya, Feberfew, Chamomile, DongQuai root, Willow Bark, Goldenseal, Guarana, Horse Chestnut and Bilberry** tablets or supplements. They have anti-platelet properties and may inhibit vital clot formation.

**Gingko, Gingko biloba & Selenium** are powerful anti-coagulants. It is considered to be 3 times stronger than Vitamin E.

**Ginseng** may cause rapid heartbeat/and or high blood pressure in some individuals as well as coagulation disruption.

**St. John's Wort, Yohimbe (aka “The Natural Viagra”) and Licorice root** have a mild monoamine oxidase (MAO) inhibitory effect and may intensify the effects of anesthesia.

**Melatonin** decreases the amount of anesthesia needed for surgery.

**Kava Kava, Hawthorn, Lemon verbena, Muwort, Lavender and Valerian/Valerian Root** (taken to promote relaxation and sleep) have tranquilizing properties and should not be combined with other sedative agents.

**Echinacea** may have a severe impact on the liver when general anesthesia is used.

**Ma Huang (aka Ephedra)** has been associated with more than 800 adverse health effects including DEATH. It is an amphetamine-like compound with the potential for stimulating the central nervous system and heart. We STRONGLY discourage the use of this supplement in any form.

**Gotu Kola** has a stimulant effect as well.

**Ackee fruit, Alfalfa, Aloe, Argimony, Barley, Bitter melon, Burdock root, Carrot oil, Chromium, Coriander, Dandelion root, Devil's club, Eucalyptus, Fenugreek seeds, Fo-ti, large amounts of garlic, Ginseng, Grape seed, Guayusa, Gmena, Juniper, Nem seed oil, large amounts of onions, Periwinkle, Yellow root** all alter the blood glucose level.

## Special Medication Alerts

If you are on Anti-depressants, please advise your doctor. Some MAO inhibitors (also known as MAOI) intensify the effects of anesthesia – especially a general anesthetic. This could be quite dangerous in the operating room if your doctor is unaware of your current or recent medication usage. If you advise your doctor he or she can make adjustments for your anesthesia.

## Herbal Supplements and Plastic Surgery

Preoperative and postoperative use of some herbal supplements and vitamins can be combined with good surgical care to create a comprehensive and ultimately more effective healing process and result. The small doses used make them extremely safe. CHECK WITH YOUR PHYSICIAN BEFORE TAKING ANY HERBAL SUPPLEMENTS PRIOR TO SURGERY. Below is a list of supplements we suggest prior to surgery.

**Arnica 30** (aka - Mountain Daisy or SinEcch)

This supplement has the ability to reduce surgical shock and minimize bleeding and swelling. It may also reduce pain and speed the healing process.

**Vitamin C**

An antioxidant which stimulates healing at the cellular level. It aids in the production of Collagen and strengthens the blood vessels.

**Zinc**

This nutrient is beneficial in wound healing as well as acting as an antioxidant.

**Bromelain** (aka – Pineapple enzyme)

Bromelain is often used as a digestive aid, however in fairly large doses it appears to aid in reducing bruising.

**Pycnogenol** (aka - grape seed extract)

An antioxidant that speeds wound healing.

**Nux Vomica** (aka – poison nut)

Nux Vomica will relieve nausea and vomiting induced by the drugs given intraoperatively.