

These are 10 of the common supplements we ask patients to skip at least seven days before surgery:

1. **CBD oil:** While more research is needed, preliminary studies suggest CBD oil can increase the risk of bleeding.
2. **Echinacea:** Used to boost the immune system, this herb can harm the liver.
3. **Ephedra:** This herbal appetite suppressant can cause high blood pressure and erratic heart rate during surgery.
4. **Garlic:** Used to lower blood pressure and cholesterol, garlic in supplement form can increase the risk of bleeding.
5. **Ginkgo:** This herb is used to improve memory but can increase the risk of bleeding.
6. **Ginseng:** Used to boost energy, ginseng can cause increase the risk of bleeding.
7. **Kava:** Used to relieve anxiety but can prolong the effects of anesthesia.
8. **St. John's wort:** This herb is used to relieve depression and anxiety, but it can interfere with anesthesia medicines and prolong their effects.
9. **Valerian:** Used to relieve anxiety or as a sleep aid, this herb can interfere with anesthesia medicines, prolonging their sedative effects.
10. **Vitamin E:** This vitamin can increase the risk of bleeding.

Weight Loss Medications:

STOP Lomaira/Adipex/phentermine: 7 days prior to surgery

STOP Qsymia/phentermine-topiramate: 7 days prior to surgery, However, discuss with your prescribing physician as depending on your dose, you may need to decrease your dose gradually

STOP Contrave/naltrexone-bupropion: 7 days prior to surgery. Note if you are taking only bupropion, you should continue this up until surgery

STOP: Revia/Vivitrol/naltrexone: 72 hours before anesthesia. Please discuss with your prescribing physician, taking this medication may interfere with your surgery

DISCUSS with surgeon when and if to stop: Aspirin, Coumadin, Pradaxa, Plavix, & other medications that affect clotting