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## **PRE-OPERATIVE INFORMATION**

Recent medical literature links herbal medications with complications in surgery. Therefore, it is extremely important that you let us know if you are taking any herbal remedies.

For your own health and safety, *it is essential that you discontinue use of medications as recommended below:*

- EPHEDRA and KAVA -- Discontinue at least 24 hours before surgery
- GINKO -- Discontinue at least 36 hours before surgery
- ST JOHN'S WORT -- Discontinue at least 5 days before surgery
- GARLIC and GINSENG -- Discontinue at least 7 days before surgery
- ECHINACEA -- Discontinue as far in advance as possible
- VALERIAN -- Taper dose several weeks before surgery if possible or continue to use until surgery under supervision
- ASPIRIN, MOTRIN, etc. -- Discontinue at least 5 days before surgery
- COUMADIN AND PLAVIX -- Discontinue at least 5 days prior to the surgery
- MERIDIA, ADIPEX, etc. -- Discontinue at least 2 weeks prior to surgery

If you have any questions, be sure to consult your doctor.