

NOTICE TO ALL PATIENTS

HERBAL MEDICATIONS AND DIETARY SUPPLEMENTS

Many weight loss drugs contain substances that increase heart rate and/or bleeding and therefore can alter your normal physiological responses during surgery. For your own safety, you **MUST BE OFF THESE DRUGS FOR TWO WEEKS** before surgery. Be sure to tell us if you are taking any weight loss medications. The following is a sample list of popular prescription and nonprescription drugs currently on the market: Adipex; Phentermine; Xenical; Bontril; Meridia; Didrex; Lipovarin; Anorex; Leptotrin; Zotrin; CortiDrene; Hydroxycut; ThermLean; Xenadrine; Lean System; Phendrex; TrimSpa; CortiSlim; CortiCept.

A WORD ABOUT HERBS AND DIETARY SUPPLEMENTS:

We have noticed an increase in the number of patients undergoing elective surgical procedures who are taking herbs and dietary supplements. These supplements come in many forms and strengths, are not regulated by the FDA, and often their effects are not adequately researched. Some herbal extracts reported to enhance circulation have the physiological effect of inhibiting platelets (partly responsible for blood clotting). This effect could potentially result in increased bleeding around the time of surgery.

We, at the Santa Barbara Plastic Surgery Center, are committed to provide you with a safe, pleasant, operative experience, and as such we offer the following guidelines:

STOP THE FOLLOWING HERBS AND SUPPLEMENTS TWO (2) WEEKS PRIOR TO SURGERY

Arnica montana; Bilberry; Bromelain; Cayenne; Chamomile; Dong quai/Dang gui; Echinacea; Feverfew; Flaxseed/Fish oil; Garlic; Ginger; Ginkgo biloba; Goldenseal; Green tea; Hawthorne; Horse chestnut; Huang-Qi; Meadowsweet; Motherwort; Panax ginseng; St. John's Wort; Turmeric.

You may restart your herbal and nutritional supplements 72 hours post-operatively.

Source: PDR for Herbal Medicines, 3rd Edition; Thomson PDR; Montvale, NJ. 2004

Signature _____

Date _____

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