

Orthopedic Surgery

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Surgery Date:

Dear Patient:

Southern California Orthopedic Institute would like to make you aware of the risk involved if you are taking herbal supplements.

Due to the pronounced vasoactive properties of a number of herbal supplements, the Department of Anesthesia believes it would be imprudent for patients to undergo anesthesia while taking these products. The following is a list of commonly used herbs, which have vasoactive properties:

St. Johns Wort	Dong Quai	Yohimbe
Ginseng	Ephedra	Hawthorne
MaHuang	Eleuthero (Siberian Ginseng)	
Kava Kava	Chaste Fruit Tree	Cola Nut

There are additional herbal supplements that have a variety of side effects that may be of concern to the surgical team (i.e. bleeding). It will be at the surgeons' discretion to evaluate the patient and consider proceeding with surgery.

The Department of Anesthesia has adopted a policy recommending that patients should stop **ALL** weight loss, over-the-counter vasoactive herbal supplements and "polyherbals" at least once week prior to surgery.

If upon the day of surgery, a patient has continued to take the above named herbs and this includes anti-inflammatory medication and aspirin, it will be recommended that the surgery be cancelled.

If you have any questions or concerns regarding the above information, please contact our office.

Thank you,

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