

ENT SURGICAL CONSULTANTS

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SUPPLEMENTS, HERBS, AND SURGERY (12/05)

The following material is a brief overview of the effects of certain common nutritional supplements and common herbs on the surgical patient.

Garlic	Allicin inhibits platelet aggregation in vitro In vivo decreased plasma viscosity and fibrinogen levels, increased rate of capillary blood flow and the activity of plasminogen activator Discontinue garlic supplements and dietary garlic prior to surgery (at least 6 hrs preoperatively)
Vitamin E	No effect on platelet aggregation in healthy subjects, but in patients with abnormal platelets (diabetics), aggregation inhibited Inhibits platelet adhesion Impairment in wound healing and collagen synthesis in animal models Eicosapentaenoic Acid (Omega-3 fatty acid) Decreased platelet aggregation and adhesion
Vitamin A	Reverses corticosteroid-induced inhibition of wound healing Improves wound healing in animal models Reverses the immune depression from sepsis, injury and surgery in animal models
Bromelain	Increases the resorption rate of hematomas
Feverfew	May increase bleeding especially in patients already taking anti-coagulants
Ephedra (Ma Huang)	May interact with some anti-depressants and anti-hypertensives causing elevation in blood pressure and even death
Ginger	Anti-emetic May increase bleeding, especially in patients already taking anti-coagulants
Ginseng	May decrease the effectiveness of anti-coagulants, may increase heart rate or blood pressure, may cause bleeding in women after menopause
St. John's Wort	May prolong the effects of certain anesthetic agents
Valerian	May prolong the effects of certain anesthetic agents