



South West ENT

ADULT & PEDIATRIC

EAR, NOSE & THROAT SPECIALISTS

HERBAL MEDICINES AND SURGERY

Under the Dietary Supplement Health and Education Act of 1994, herbal medications were exempted from the safety and effectiveness requirements and regulations that prescription and over-the-counter drugs must fulfill. Therefore, regulations regarding herbal medicines do not necessarily protect patients against unpredictable or undesirable effects.

Eight (8) common herbal medicines are known to cause potential problems around the time of surgery. Southwest ENT Associates has specific concerns and recommendations for these herbal medicines.

Herb: common name(s)	Concern	Discontinuation before surgery
Echinacea: purple coneflower root	Allergic reactions, suppression of immunity	No data
Ephedra: ma huang	Heart problems, stroke, blood pressure	At least 24 hours before surgery
Garlic: ajo	Bleeding	At least 7 days before surgery
Ginkgo: duck foot tree, maidenhair tree, silver apricot	Bleeding	At least 36 hours before surgery
Ginseng: American ginseng, Chinese ginseng, Korean ginseng	Hypoglycemia, bleeding, clotting	At least 7 days before surgery
Kava: awa, intoxicating pepper, kawa	Increased sedation, addiction/withdrawal-unknown	At least 24 hours before surgery
St John's wort: amber, goat weed, hardhay, Hypericum, klamathweed	Many drug interactions	At least 5 days before surgery
Valerian: all heal, garden heliotrope, vandal root	Increased sedation, withdrawal, interaction with anesthesia	No data