

SUPPLEMENTS AND SURGERY

Stop Prior to Surgery:

Garlic	- increased bleeding risk
Ginko Biloba	- increased bleeding risk
EPA/DHA	- increased bleeding risk
Fish Oils	- increased bleeding risk
Vitamin E	- increased bleeding risk
Kava, Valerian	- affects liver health
Milk Thistle	- affects medication effectiveness
St. John's Wort	- affects anesthesia

Supplements to Enhance Surgical Recovery

The purpose of this information is to increase the rate of healing and minimize scar formation. Individuals who follow this program routinely heal much faster than normal, with less pain, swelling, and fewer complications.

Please begin 2 weeks prior to surgery, and continue for 2-4 weeks afterward.

- Vitamin C - 500-1000mg. three times a day. Reduce dose if you get abdominal pain or loose stools.
- Vitamin A - 50,000 units daily for 7 days (beta carotene is not a substitute)
- Zinc - 30 mg. Daily. If you experience nausea, decrease dose as this can be a sign of zinc excess.
- Probiotics - Should be taken twice a day.

** Information regarding supplements is provided by Dr. Mark Menolascino
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