

# Supplement

## Information Sheet

Common supplements, vitamins, and over-the-counter products can be associated with an increased risk of bleeding during outpatient surgical procedures such as excision and repair of cutaneous lesions. Taking such supplements and products in the before and/or after surgery time period can potentially lead to impaired healing and scarring due to blood thinning effects. Here are some common supplements that either on their own or by interaction with other medications) may INCREASE the risk of bleeding:

### Supplements often taken to improve heart or vascular function:

- Fish oil and derivatives
- Flaxseed Oil
- Evening Primrose Oil
- Garlic Hawthorn
- Ginseng
- Vitamin E
- Ginger Gingko
- Coq10
- Melatonin
- Red Clover

### Supplements often taken to improve blood sugar management:

- Cinnamon
- Alpha Lipoic Acid
- Curcumin (Turmeric)
- Green tea and Epigallocatechin gallate
- Flax seed
- Berberine
- Magnesium
- Ashwagandha
- Resveratrol

### Over-the-counter products are often taken for arthritis pain or to reduce inflammation:

- Ibuprofen
- Naproxen
- Turmeric (curcumin)
- Glucosamine/Chondroitin
- Omega 3 fatty acids
- Aspirin or Willow Bark Extract
- Capsaicin
- Green Tea Extract
- Oral Cannabidiol (CBD) or cannabis (THC) products
- Feverfew

### Supplements often taken to improve urinary or digestive health:

- Saw palmetto
- Dong quai (Angelica sinensis)
- Digestive enzymes (papain and bromelain)
- Aloe
- Taurine

### Supplements often taken to improve immunity:

- Echinacea
- Quercetin
- Nattokinase
- Niacinamide (Nicotinamide)
- Feverfew
- N-Acetyl Cysteine

### Products commonly used to help improve sleep or anxiety:

- Melatonin
- St John's Wort
- Chamomile
- Magnesium

\*\*\*Drinking **ALCOHOL** can also impair blood clotting and increase the risk of excess bleeding.

Other supplements and products may also have effects of coagulation and blood thinning.

Please consult your health care provider if you have questions about your supplements!

