

Nutritional Supplements to Discontinue Before Surgery

Some supplements can increase surgical risks — especially bleeding, bruising, swelling, and reactions to anesthesia — even when they are otherwise safe and beneficial. To reduce these risks, please **stop the supplements listed below at least two weeks before surgery**, and do not resume them until **two weeks after surgery**, unless Dr. Batniji tells you otherwise.

SCOPE — This list covers supplements only.

Prescription medications — including aspirin, NSAIDs, anticoagulants (Coumadin, Plavix, Eliquis, Xarelto), and hormonal therapies — are managed separately. Please follow the individualized pre-operative instructions provided to you by Dr. Batniji and your other physicians.

IMPORTANT — GLP-1 medications and peptide therapies.

If you are taking a GLP-1 medication (semaglutide, tirzepatide, Ozempic, Wegovy, Zepbound, Mounjaro) or any compounded peptide therapy, **please inform us at your preoperative appointment.** These medications slow gastric emptying and typically require a specific hold period — **discontinue GLP-1 medication one week before surgery and you may resume it one week after surgery**— to reduce the risk of aspiration during anesthesia. **Peptides other than GLP-1 may increase the risk of bleeding and, as such, should be discontinued 2 weeks prior to surgery and not resumed until 2 weeks after surgery.**

Not listed here? This list covers the most common concerns but is not exhaustive. If you take any supplement, herbal product, protein powder, pre-workout blend, energy drink, or "natural" remedy not named below, please bring the bottle to your pre-operative visit so we can review it. When in doubt, stop it 2 weeks before surgery and do not resume until 2 weeks after surgery.

Supplement	Common Use	Surgical Concern
Ashwagandha (Withania somnifera)	Stress, energy, sleep	May potentiate sedatives and anesthesia; can affect thyroid function and blood pressure.
Cannabis / CBD	Pain, anxiety, sleep (edibles, vapes, tinctures, topicals)	Can alter anesthesia requirements, increase airway irritation, and interact with sedation and pain medications. See the cannabis note below for timing.
Cayenne (Capsicum frutescens)	Circulation, metabolism	May affect platelet function and increase bleeding risk.
Dong Quai (Angelica sinensis)	Female hormone balance, energy	Contains coumarin-like compounds that can enhance the effect of blood thinners.
Echinacea (Echinacea angustifolia)	Immune support, cold and flu	May affect liver function and interact with anesthesia medications.
Feverfew	Migraine prevention	Inhibits platelet aggregation; increases bleeding risk.
Fish Oil / Omega-3	Heart, cholesterol, joint health	Has blood-thinning properties that can increase bleeding and bruising during facial surgery. Discontinue even if recommended by another physician, unless Dr. Batniji directs otherwise.
Garlic (Allium sativum)	Cardiovascular health, cholesterol	At supplement doses, can enhance blood thinners and NSAIDs and prolong bleeding time. Culinary garlic is fine.
Ginger (Zingiber officinale)	Nausea, digestion	May affect bleeding time and interact with anticoagulant and cardiac medications.
Ginkgo Biloba	Circulation, memory	Strong antiplatelet activity — one of the most significant bleeding risks among common supplements.
Ginseng (Panax ginseng / quinquefolium)	Energy, stress, cognition	Acts as an anticoagulant and may interact with blood pressure, diabetes, and cardiac medications.
Green Tea Extract (EGCG)	Weight loss, antioxidant (concentrated capsules)	At supplement doses, may affect bleeding and interact with anticoagulants. Drinking green tea as a beverage is fine.
Kava	Anxiety, sleep	Potentiate sedatives and anesthesia; associated with liver toxicity.
Kratom	Pain, energy, mood	Opioid-like effects that complicate anesthesia and post-operative pain management; carries withdrawal risk.
Licorice Root (Glycyrrhiza glabra)	Cough, digestion, adrenal support	Can raise blood pressure, lower potassium, and increase tissue swelling. Note: Deglycyrrhinated licorice (DGL) does not carry these risks.
Melatonin	Sleep, jet lag	May enhance the sedative effects of anesthesia medications.
Nattokinase / Serrapeptase	"Circulation support," clot prevention (biohacker enzymes)	Potent fibrinolytic and anticoagulant activity; can significantly increase surgical bleeding.

Supplement	Common Use	Surgical Concern
Pre-Workout / Performance Blends	Energy, workout performance	Often contain hidden stimulants, vasodilators, or herbal anticoagulants (yohimbine, synephrine, nitric oxide boosters, ginseng). Stop all pre-workout powders and performance capsules.
Resveratrol	Anti-aging, cardiovascular	Antiplatelet effects that increase bleeding and bruising risk.
Saw Palmetto	Prostate health	Mild antiplatelet and hormonal effects.
St. John's Wort (Hypericum perforatum)	Depression, mood	Numerous drug interactions; affects the metabolism of anesthesia and many other medications.
Turmeric / Curcumin	Inflammation, joint pain	Antiplatelet effects that increase bleeding and bruising risk. Culinary use in food is fine.
Valerian Root	Sleep, anxiety	Potentiates sedatives and anesthesia; long-term use can cause withdrawal-like effects.
Vitamin C (high-dose, above 1,000 mg/day)	Immune support	At gram-level doses may affect bleeding and wound healing. Standard multivitamin doses are fine.
Vitamin E (above 100 IU/day)	Antioxidant, skin health	Antiplatelet activity prolongs bleeding time. The multivitamin we recommend is Vitamin E-free for this reason.
Yohimbe (Corynanthe yohimbe)	Sexual function, energy	Raises heart rate and blood pressure; can increase the potency of anesthetics.

A Note on Cannabis, CBD, and Recreational Substances

Regardless of legal status, all cannabis use — smoked, vaped, edibles, tinctures, topicals, and CBD — should be disclosed to Dr. Batniji and the anesthesia team. Cannabis can change how much anesthetic you need, affect your airway, and interact with pain medications.

Timing: Stop all cannabis use at least **72 hours before surgery** unless otherwise directed. If you use cannabis daily or multiple times per day, please tell us in advance so we can plan for potential withdrawal effects (irritability, nausea, poor sleep) that could complicate your recovery.

Disclosure is confidential and will not affect your care — it is a safety matter.

Questions?

Contact Batniji Facial Plastic Surgery at **949.650.8882** (Newport Beach) or **310.467.2180** (Beverly Hills), or email info@drbatniji.com.