



Smoking and Surgery

Why is it important to stop?

Hope Orthopedics wants you to have the best possible surgical outcome. Because we care about you we feel it is important to stop smoking prior to having surgery. Here's how smoking can compromise your health and recovery:

- 1) Complicates anesthesia.** It is more difficult to keep a patient who smokes breathing while under anesthesia because the lungs are compromised by cigarette smoke. This can delay your recovery and increase your risk of complications such as pneumonia.
- 2) Makes your heart work harder.** Smoking compromises heart function, putting you at a greater risk for heart problems during and after surgery. Patients who smoke have a 77 percent greater risk of heart attack after surgery. Smoking also increases the risk of blood clots. Blood clots that travel to the lungs can be fatal.
- 3) Increases your risk for Infection.** Smoking robs tissues of oxygen and decreases blood flow. This compromises the healing of skin, muscles, and bones. Those who smoke have 6 times greater risk for infection.
- 4) Bone health.** Smoking decreases bone density which increases your risk of fracture. Smoking has also been shown to delay and impair your body's ability to heal broken bones. Patients who smoke are 37% more likely to not heal a fracture.
- 5) Increases your pain after surgery.** Patients who smoke experience more pain during and after surgery. According to the American Society of Anesthesiologists "Smokers experience more pain and are more likely to suffer from severe pain following ambulatory surgery".

Quitting smoking one or two months before planned surgery can significantly lower the risk of complications caused by smoking. Even though it's easier said than done, quitting smoking can make a huge difference in your health and recovery from surgery.

Please note that many insurance carriers have established new policies that require patients to be tobacco free prior to having an elective or non-urgent surgical procedure. According to these new requirements, if you are an active tobacco user, you must stop using tobacco for at least 4 weeks prior to surgery. Most carriers require patients to be lab tested to confirm the cessation of tobacco use prior to surgery.

The longer you abstain from smoking, the better your chances of a healthy recovery. For help call 1-800-Quit-now or search Freedom From Smoking.