



# IT'S TIME TO KICK THE NICOTINE HABIT.

Having a good outcome after plastic surgery doesn't just depend on your surgeon; it also depends on you. For sure, having a highly qualified surgeon is important, but so is being healthy before and after surgery and following your doctor's instructions.

## WHY SMOKING (AND NICOTINE IN GENERAL) HINDERS HEALING

Plastic surgery procedures (even more so than many other surgical procedures) affects the blood supply to the underlying tissues. Often during plastic surgery procedures, your skin, where many blood vessels live, is moved around and even removed. If there aren't enough blood vessels left intact, the tissue may be unable to heal and possibly die. So, while Dr. Wallace takes great care to leave a sufficient amount of blood supply when performing your surgery, if you smoke, you damage the remaining blood supply greatly. That's obviously not a good thing. And, while nicotine is the most dangerous element affecting blood supply, the carbon monoxide and hydrogen cyanide contained in cigarette smoke certainly don't help healing either.

## RESEARCH RESULTS ABOUT SMOKING AND PLASTIC SURGERY

Smoking has been shown repeatedly to negatively affect the results of plastic surgery, from causing unsightly scars to serious and major wound infections and even skin necrosis (where the skin completely dies and has to be removed leaving very unsightly scars). There is no way to predict how badly smoking will impact an individual's surgical outcome, but it can be certain that smoking will negatively affect the result to some degree. **Here's the bottom line- nicotine, regardless of how it enters your body, causes the blood vessels to constrict (which means they get smaller) and therefore less blood can flow through them.** This increases the risk of blood clotting too, which can cause devastating surgical complications.

## OTHER COMPLICATIONS FROM SMOKING

A recent study presented at the European Society of Anesthesiology showed that smokers needed **33% more anesthesia throughout the operation and an additional 23% more pain medication after their procedure to achieve the same results.** The study did not stop there. Non-smokers merely exposed to second hand smoke required **20% more anesthesia and 18% more pain medication** than non-smokers who weren't exposed to second hand smoke. So, stay away from second hand smoke too!

## TOUGH LOVE: BECAUSE WE CARE

For your protection, and for all the reasons above, you will be asked to be completely nicotine free for a minimum of one month prior to your surgical procedure. **This means- no smoking, no vaping, no patches, no nicotine gum or any other methods that contain NICOTINE.** At your Pre-Operative appointment and day of surgery, we will perform a test for nicotine. If the results are positive for nicotine your surgery will be canceled.

**\*THIS ALSO APPLIES TO SECOND HAND SMOKE.**