



COASTAL PLASTIC SURGERY

INFORMATION FOR PATIENTS WHO SMOKE

There can be significant problems in plastic surgery when patients continue to smoke:

1. Most patients are already aware that there can be anaesthetic problems for patients who smoke. There is an increased risk of developing pneumonia post-operatively. There is an increased risk of developing or exacerbating other problems such as asthma.
2. Many people are, however, unaware that smoking causes wound healing problems. Nicotine reduces the blood supply to the skin. This is a particular problem in plastic surgery because much of what we do interferes with blood supply to the skin. It is a recognized risk that even non-smokers can have loss of skin circulation. This risk is significantly increased in smokers.

Dr. Owen Reid asks all patients to quit smoking completely at least 4 weeks before surgery and not to start again for at least 2 weeks after the surgery.

Some procedures are more prone to problems than others. For facelifts, breast reductions, breast lifts and abdominoplasty surgeries, this rule is absolute. If you continue to smoke, either the procedure will be modified (with a less satisfactory result) or the surgery will be cancelled altogether and your payment will be forfeited.

For **breast reduction surgery**, all patients must realize that if they continue to smoke, there is an increased risk of total loss of the nipple and areola. The nature of the surgery is to remove breast tissue (and therefore some of the normal blood supply to the nipple-areola). Complete or partial loss of the nipple and areola is a known risk in non-smokers. In smokers, this risk is significantly increased.

For **facelift surgery**, skin behind, below, or in front of the ears may die. This may take months to heal and additional surgery may be necessary.

For **abdominoplasty surgery (tummy tuck)**, even non-smokers are at risk of skin loss below the bellybutton. Again, this risk is significantly elevated in smokers. This may result in delayed healing, a poor result and additional surgery.

For all other procedures, smoking can still be a problem with tissue or skin loss, delayed healing and an increased risk of infection.

I understand the above information and I have had my questions answered. I realize that this is my responsibility and I understand the consequences if I fail to comply.

Signature

Date