

# Smoking Cessation Prior to Surgery

## What Does the Literature Suggest?

- **SMOKING CESSATION RECOMMENDED 4-6 WEEKS PRIOR TO SURGERY**

- recommended for elective surgery
- reduces risk of pulmonary complications
- reduces risk of skin and soft tissue infections

1) Abstinence from smoking reduces incisional wound infection: a randomized controlled trial. AU Sorensen LT, Karlsmark T, Gottrup F SO. Ann Surg. 2003 Jul;238(1):1-5

2) Effect of smoking cessation intervention on results of acute fracture surgery: a randomized controlled trial. AU Näsell H, Adami J, Samnegård E, Tønnesen H, Ponzer S SO J Bone Joint Surg Am. 2010;92(6):1335.

3) Risk of respiratory complications and wound infection in patients undergoing ambulatory surgery: smokers versus nonsmokers. AU Myles PS, Iacono GA, Hunt JO, Fletcher H, Morris J, Mellroy D, Fritsch SO Anesthesiology. 2002;97(4):842.

- **ACFAS CLINICAL CONSENSUS STATEMENT: PERIOPERATIVE MANAGEMENT - 2017**

- Patients should be educated regarding the specific risks of tobacco use, and, when possible, smoking should be stopped **at least several weeks** prior to elective foot and ankle surgical procedures.

A.J. Meyer et al. / The Journal of Foot & Ankle Surgery 56 (2017) 336–356 341 weeks before the performance of elective foot and ankle surgical procedures

- **2009 JFAS STUDY - Krannitz et al**

- Effect of cigarette smoking on radiographic bone healing after elective foot surgery
  - Radiographic healing time after Austin Bunionectomy was evaluated
    - 17 smoker
      - 120 days to heal (1,73x longer to heal than nonsmoker -42% increase in time)
    - 12 secondhand smokers
      - 78 days to heal
    - 17 nonsmokers
      - 69 days to heal

1. Krannitz KW, Fong HW, Fallat LM, Kish J. The effect of cigarette smoking on radiographic bone healing after elective foot surgery. J Foot Ankle Surg. 2009;48(5):525-7.

- **AMERICAN COLLEGE OF SURGEONS**

- Smoking increases your risk of problems during and after your operation
- Quitting **4–6 weeks before your operation** and staying smoke-free 4 weeks after it can decrease your rate of wound complications by 50%

- **AMERICAN ACADEMY OF ORTHOPEDIC SURGEONS**

- smoking has a negative impact on bone and wound healing after surgery
- bone takes longer to heal in smokers vs non-smokers