

# Nicotine Use & Planning for Surgery

### Important information for consults & surgery planning

- Consults are scheduled for patients who are not actively smoking and/or using any nicotine products and who have at least 4 weeks between their consult date and their last date of use.
- Surgery dates can only be offered once a patient has cleared the nicotine test with a negative test.
- Please be advised that second hand smoke can result in a positive nicotine test. In order to avoid this outcome please avoid second hand smoke when preparing for surgery.
- Nicotine can be found in cigarettes, vaping pens, blunt wrappers and other products, please read ingredients if you are unsure.

### Nicotine and Surgery FAQs

#### • **Why is it so important that I have a negative nicotine test for surgery?**

While you are recovering, blood will be trying to get to the operated area as much as possible so you can heal quickly. Nicotine causes your blood vessels to constrict or narrow, reducing the amount of blood that can reach the injured tissue/surgical site, negatively affecting wound healing. Nicotine increases your chance of surgical complications such as infection, tissue loss, and tissue necrosis.

#### • **When do I have to stop smoking?**

At least 1-2 months before surgery.

#### • **Can I vape?**

No, Vaping contains nicotine products, additionally we ask that you don't inhale any products for 4 weeks prior to surgery, including marijuana.

#### • **I'm trying to quit, I don't smoke cigarettes, but I chew nicotine gum, is that OK?**

No, nicotine gum contains nicotine. What about secondhand smoke? Avoid secondhand smoke for at least 1-2 months prior to surgery and 2-3 months post-surgery. This means no prolonged exposure to smoke within an enclosed area. If you live with a smoker, ask them to smoke outside. Do not share a car with someone who is smoking.

### Mixing Nicotine with Plastic Surgery Can Result In

- Infections
- Loss of graft
- Death of fat cells (fat necrosis), causing hard lumps
- Delayed wound healing
- Thick, wide scars
- Blood clots, which can be fatal
- Increased pain
- Life-threatening complications like stroke, heart attack, blood clots, and pneumonia.

## Resources for Quitting Smoking & other Nicotine Products

### Temple Lung Center Smoking Cessation Program

Temple University Hospital – Main Campus  
3401 N. Broad Street, Ambulatory Care Center, 5th Floor  
Philadelphia, PA 19140  
Phone: 800-TEMPLE-MED

<https://www.templehealth.org/services/lung/patient-care/programs/smoking-cessation>

### Smoke Free: National Institute of Health

<https://smokefree.gov/>

### CDC How to Quit Smoking

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/>

### CDC Quit Lines and Text Messaging

- 1-800-QUIT-NOW (1-800-784-8669) (English)
- 1-855-DÉJELO-YA (1-855-335-3569) (en Español)
- 1-800-838-8917 (中文) (Asian Language Quitline)
- 1-800-556-5564 (한국어) (Asian Language Quitline)
- 1-800-778-8440 (Tiếng Việt) (Asian Language Quitline)

### Text Messaging Services (Message and data rates may apply)

- Text QUITNOW to 333888
- Texto DÉJELO YA al 333888 (en Español)

### Smoking Cessation Apps (available on Android or iOS)

#### LIVESTRONG My Quit Coach | Free

This app gives people the choice to quit cold turkey or to taper off. It allows for tracking of smoking consumption and nicotine cravings daily. When used regularly, the app detects patterns for when a person typically craves, and it sends alerts, reminders and motivation to the user. It also sends rewards for progress and has a built-in social support circle.

#### Quit Smoking: Cessation Nation | Free

This interactive app connects you with other people quitting smoking. When the app is opened, it prompts the user to play games or talk to other users. This app also sends users alerts about how much money they are saving and the beneficial changes in their bodies. There are also reward badges for progress.

#### QuitNow! | Free

This app comes in 44 languages and sends the user alerts about how much money they are saving and health benefits. It also has an interactive aspect in which users can connect with other people quitting smoking.

## Reach out to your primary care provider

Please reach out to your primary care provider and let them know you are planning for surgery and would like to discuss your options for quitting smoking and other nicotine products. They can help you with possible prescriptions and other paths for quitting.

