

## ***130 Smoking and Surgery***

July 28, 2008

Intro: If you've ever tried to quit smoking, you know how hard it can be. But if you're having surgery, kicking the habit is worth it. Mayo Clinic researchers say if you quit smoking before surgery, even if it's just the day of surgery, you will reduce your risk of certain complications.

### **Video**

**Total running time 1:26**

**CG :07 to :15**

**David Warner, M.D.**

**Mayo Clinic anesthesiology**

### **Audio**

DR. DAVID WARNER IS  
COUNSELING THIS PATIENT ABOUT  
THE BENEFITS OF QUITTING  
SMOKING BEFORE AND AFTER  
SURGERY.

"WE RECOMMEND THAT OUR  
PATIENTS STOP SMOKING FOR AS  
LONG AS POSSIBLE BEFORE THE  
SURGERY, AND THEN FOR AT  
LEAST A WEEK AFTER SURGERY"  
CIGARETTES INCREASE THE LEVEL  
OF CARBON MONOXIDE IN YOUR  
BLOOD, AND DECREASE THE  
LEVEL OF OXYGEN. DECREASED  
OXYGEN INCREASES YOUR  
CHANCE OF HEART ATTACK.

**CG :40 to :52**  
**Vivien Williams**  
**Reporting**

SMOKING CAN ALSO SLOW DOWN SURGICAL WOUND HEALING AND EVEN INCREASE THE RISK OF INFECTION. FINALLY, SMOKING INCREASES YOUR RISK OF LUNG PROBLEMS SUCH AS PNEUMONIA. "SO IF PEOPLE CAN QUIT SMOKING THEY CAN ACTUALLY REDUCE THEIR CHANCES OF HAVING THESE KINDS OF COMPLICATIONS." DR. WARNER SAYS THE LONGER YOU CAN QUIT BEFORE SURGERY THE BETTER, BUT EVEN IF YOU JUST STOP SMOKING THE MORNING OF SURGERY, YOUR RISKS GO DOWN BECAUSE CARBON MONOXIDE AND NICOTINE ONLY STAY IN THE BODY FOR 8 TO 12 HOURS. "YOU TOLD ME EARLIER THAT YOU ALREADY QUIT SMOKING LAST NIGHT. YOU'VE ALREADY GOTTEN THROUGH A DAY."

MOST SMOKERS WANT TO QUIT,  
AND SURGERY IS A GREAT TIME  
TO QUIT FOR GOOD. PATIENTS  
CAN CALL 1-800-QUIT-NOW FOR  
FREE COUNSELING AND SUPPORT.  
IT'S WORTH IT. NOT JUST TO  
DECREASE YOUR RISK OF  
COMPLICATIONS AFTER SURGERY,  
BUT ALSO TO INCREASE YOUR  
CHANCE FOR A LONG, HEALTHY  
LIFE.  
"IT'S SOMETHING I'VE BEEN  
MEANING TO DO AND NOW'S THE  
TIME TO DO IT."  
FOR MEDICAL EDGE, I'M VIVIEN  
WILLIAMS

Anchor tag:

Dr. Warner and his colleagues are studying ways to help people quit smoking around the time of surgery, which helps them have the best possible results after their operation. He says having surgery seems to be a great motivator for people to kick the habit.

For more information on quitting smoking visit [http://www.asahq.org/patientEducation/smoking\\_cessation.htm](http://www.asahq.org/patientEducation/smoking_cessation.htm). Or visit our Website [STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]

at...

