

Mayo Clinic Medical Edge

Smoking and Surgery

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IF YOU'VE EVER TRIED TO QUIT SMOKING, YOU KNOW IT'S NOT EASY. BUT IF YOU'RE HAVING SURGERY, KICKING THE HABIT IS AN EVEN BETTER IDEA.
David Warner, M.D.	"WE RECOMMEND THAT OUR PATIENTS STOP SMOKING FOR AS LONG AS POSSIBLE BEFORE THE SURGERY, AND THEN FOR AT LEAST A WEEK AFTER SURGERY"
	ACCORDING TO MAYO CLINIC DR. DAVID WARNER, CIGARETTES INCREASE THE LEVEL OF CARBON MONOXIDE IN YOUR BLOOD, AND DECREASE THE LEVEL OF OXYGEN. DECREASED OXYGEN

	<p>INCREASES YOUR CHANCE OF HEART ATTACK. 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.</p>
Dr. Warner	<p>“SO IF PEOPLE CAN QUIT SMOKING THEY CAN ACTUALLY REDUCE THEIR CHANCES OF HAVING THESE KINDS OF COMPLICATIONS.”</p>
	<p>AGAIN, 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.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>