

SMOKING'S EFFECTS ON BREAST RECONSTRUCTION



DID YOU KNOW?

Smoking cigarettes, or other uses of nicotine, can interfere with your **health, healing, and aesthetic results** after breast reconstruction.



Smoking hinders airway function



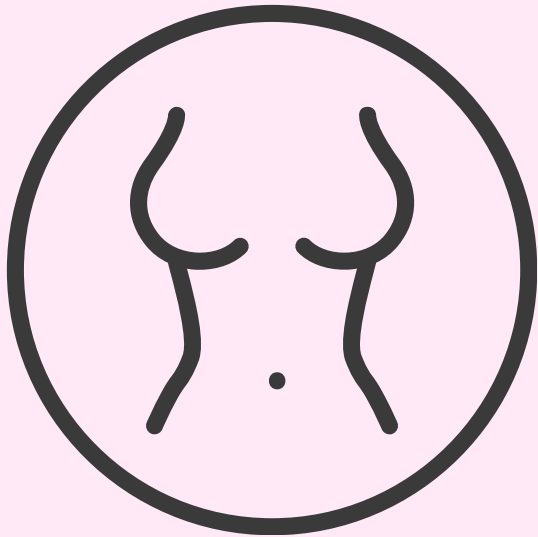
Nicotine constricts blood vessels



Carbon monoxide reduces oxygen in the blood

SURGICAL ISSUES

associated with using nicotine



Overall Health

- Infection and blood clots
- Seroma (fluid build-up)
- Pneumonia

Wound Healing

- Delayed or impaired wound healing
- Skin flap or nipple necrosis (death of tissue)
- Contracture of the capsule (scar tissue) that forms around the implant

Other Concerns

- Tissue expander or implant loss
- Reconstructive failure
- Need for more revisional surgeries
- Less predictable outcomes

LOWERING YOUR RISK OF COMPLICATIONS

For your safety, your surgeon will recommend that you **stop smoking for a specified period of time before and after surgery**. You should follow this guidance to lower the chances of smoking-related issues and avoid delays in surgery. Your surgeon may ask that you take a urine test to screen for nicotine or nicotine metabolites to decide whether to postpone your procedure.

Similar Products

Before your procedure, ask for your surgeon's advice on tapering use of related products, including **e-cigarettes (vaping), chewing tobacco, and marijuana**.

QUIT SMOKING FOR GOOD

Try a quit line (1-800-QUIT-NOW) or the National Cancer Institute Tobacco Line (1-877-448-7848). You can also ask a doctor for help enrolling in a program.