

# MELANIE PRINCE, MD

## PLASTIC SURGERY

### Nicotine Policy

Smoking patients, patients who use other nicotine products, and patients exposed to second-hand smoke, experience a decreased healing capacity after surgery. The complications these patients are at increased risk for after surgery include:

- Loss of skin, nipples or tummy skin after a breast lift, breast reduction, or tummy tuck surgery
- Infections
- Death of fat cells (fat necrosis), causing hard lumps
- Delayed wound healing
- Thick, wide scars
- Blood clots, which can be fatal
- Increased pain
- Permanent small vessel damage adding risk even if you quit
- Loss of breast implants
- Life-threatening complications like stroke, heart attack, blood clots, and pneumonia.
- Complications from or under anesthesia

No nicotine or nicotine-containing products can be in your system a minimum of 6 weeks before surgery and up to 6 weeks after surgery. This includes cotinine, a nicotine by-product, which can remain in your system up to 4 weeks after your last exposure. Nicotine-containing products include:

- Cigarettes
- Cigars, Little Cigars, Cigarillos
- Dissolvable Nicotine Products: Lozenges, mints, strips, or sticks
- Electronic Cigarettes
- Smokeless Tobacco Products: Chewing tobacco, moist snuff
- Waterpipes
- Nicotine Patches
- Nicotine Gum
- Marijuana rolled in cigar paper
- Second-Hand Smoke from any of the above

I understand all patients will be nicotine tested. I understand that if I do not get nicotine tested during the given timeframe or if the test is positive, my surgery will be cancelled, all money will be forfeited, and the surgery may not be rescheduled.

Initial

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_