

Smoking, Vaping & Tobacco Use Guidelines for Patients

Columbia Anesthesia is committed to providing you with a safe and pleasant experience for your upcoming surgery and anesthesia. Smoking cigarettes, cigars, vaping, chewing tobacco and marijuana use during the time before your surgery and anesthesia have been proven to increase the frequency of complications and the risks of negative outcomes during surgery and anesthesia.

The longer you can go between surgery and anesthesia and your last episode of smoking, tobacco or marijuana use the better. We ask that

At a minimum - that you strictly abstain the day of your surgery.

It is preferred - that you abstain for 24 hours or more before your surgery.

It is best – if you can quit all together. Significant improvements in outcomes both for surgery and anesthesia have been noted in as little as 6-8 weeks of discontinuation before surgery and anesthesia.

Why is this Important?

Smoking cigarettes, cigars, vaping, chewing tobacco and marijuana use can affect your microcirculation, decreasing the blood flow needed to heal after surgery. In addition to reactions to and complications from anesthesia, there are certain types of surgery, specifically spine surgery and shoulder surgeries, that have been shown to have near 100% failure rates as a result of smoking.

Further, increased risk of myocardial infarction (heart attack), stroke, cardiac failure, respiratory failure, excessive bleeding and abnormal blood sugar levels also result from continued use of tobacco and marijuana products.

Your safety and the success of your anesthesia and surgery is our number-one priority. Thank you for your assistance in this matter, and we look forward to caring for you soon.

Sincerely,

Columbia Anesthesia