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PRIOR TO COSMETIC SURGERY

A SPECIAL MESSAGE REGARDING THE EFFECTS OF NICOTINE

Nicotine is a powerful toxic substance found in tobacco products. Smoking is bad for your skin for many reasons, but it especially interferes with good blood circulation needed for the healing process and an overall optimum state of health.

SMOKING IS BAD FOR YOUR SKIN

One of the things you may notice about people who smoke is how bad their skin looks. Smoking starves the skin of oxygen giving it a sallow look. Secondly, smoking increases the production of chemicals called free radicals in the body, which causes wrinkling and other signs of skin damage. Thirdly, smoking causes still more damage by using up the body's supplies of Vitamin C, a chemical that can help prevent free radical damage. Lastly, smokers develop wrinkles around their eyes and mouth because of all the squinting they do to keep smoke out of their eyes and the pursing of their lips that they do to puff on and hold a cigarette. Thus, bad skin is yet another in a long list of reasons to not smoke cigarettes.

QUIT SMOKING six weeks prior to surgery. Smoking cessation patches or gum still contain nicotine and are not acceptable substitutes for complete cessation. In addition, you must avoid others who smoke. You should not smoke for four weeks following surgery. Preserving your new appearance may be the best motivation for remaining smoke free forever. Please contact our office if you have any questions.

Remember, this is doing your part to promote a good surgical experience and result.

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