



Neil J. Zimmel, MD

Certified American Board of Plastic Surgery

14051 St. Francis Blvd., Suite 2209

Midlothian, VA 23114

p: 804.423.2100 • fx: 804.423.2102

www.drzimmel.com • drzimmel@drzimmel.com

Tobacco Usage Risks

Dear Patient,

Please be advised that the usage of tobacco products before or after your planned cosmetic surgery has been associated with many significant complications. These include bronchitis, pneumonia, laryngospasm, atelectasis (partially collapsed lung), deep vein thrombosis, pulmonary embolism, and generalized wound healing problems.

Specific operations have been associated with very severe complications. The operations include: facelift, breast lift, breast reduction, and tummy tuck. The mechanism of nicotine-associated complications is that nicotine will cause vasoconstriction (narrowing and tightening) of the blood vessels around the operative sites. This vasoconstriction prevents oxygen and other nutrients from reaching the healing wounds.

The specific risks and complications associated with the use of tobacco before or after the surgery include the following.

FACELIFT

- Loss of skin
- Delayed wound healing
- Increased scarring
- Infection

BREAST AUGMENTATION, LIFT OR BREAST REDUCTION

- Loss of skin
- Partial or total loss of the nipples
- Delayed wound healing
- Increased scarring

- Infection

ABDOMINOPLASTY (TUMMY-TUCK)

- Loss of skin
- Delayed wound healing
- Increased scarring
- Infection

For your safety we request that you stop smoking at least six weeks before surgery and continue to not smoke for six weeks after the surgery.

I _____, have read and understand the risks, complications and adverse affects associated with the use of tobacco products prior to and after my surgery. If I decide to smoke either prior to or after my surgery, I take full responsibility for all the complications related to my use of tobacco.

Patient Signature: _____

Witness Signature: _____