



THUNDER BASIN ORTHOPAEDICS  
— AND SPORTS MEDICINE —

# Tobacco Use

## How does smoking affect your orthopedic condition?

- Reduces blood flow which can delay and/or impair the quality of bone repair
- Reduces formation of osteoblasts, which are the cells that form bone
- Reduces bone density, making bones more brittle
- Reduces blood flow to the skin
- Reduces the white blood cells that help fight infection

## What does that mean in regards to orthopedic surgery?

- Smokers are six times more likely to develop a wound infection following surgery
- Smokers have a 37% greater chance of the bone not healing (this is called a non-union)
- Smokers are 3.7 times more likely to develop an infection in the bone (this is called osteomyelitis)

## What are other reasons to quit?

- Reduce your risk of cancer, lung disease, heart disease, stroke, high blood pressure, emphysema, and other smoking-related diseases
- Help prevent pneumonia and bronchitis
- Stop smoking-related headaches and stomach problems

- Enjoy better overall health
- Reduce your families risk of health problems caused by second-hand smoke
- Increase your energy level
- Improve your sense of taste and smell
- Have a lot more spending money

## **When You Quit...**

After less than 30 minutes

- Your pulse and blood pressure return to normal
- The temperature of your hands and feet return to normal

After 8-24 hours

- Your blood's oxygen level returns to normal
- Carbon monoxide levels in your blood drop to normal
- Your risk of heart attack decreases

After 48-72 hours

- Your sense of smell and taste increases
- Your nerve ending begin to re-grow
- Your breathing becomes easier

After 2 weeks to 3 months

- Your lungs work up to 30% better
- Your circulation improves and walking is easier

One year after quitting

- Your risk of having a heart attack drops by 50%

10 years after quitting

- Your risk of dying from lung cancer become about equal to that of a non-smoker

## **How to Quit**

- A combination of things may work best to help you quit
- First, talk to your doctor about the best way for YOU to quit smoking
- Your doctor may prescribe medicine or nicotine substances to help you quit
- Ask family and friends for help and support
- Join a STOP SMOKING class or call a STOP SMOKING group for help to quit
- List your reason for quitting. Post your list where you will see it every day
- Avoid things that trigger your urge to smoke (coffee, alcohol, boredom, etc.)

- Learn to deal with stress and don't make excuses
- Reward yourself for not smoking
- Take it one day at a time

## Resources to Help You Quit

National Network of Tobacco Cessation  
1-800-784-8669

American Lung Association  
1-800-586-4872

National Cancer Institute Smoking Quite Line  
1-800-422-6237

Contact your Primary Care Provider (PCP)

<http://www.lung.org/support-and-community/>

<https://smokefree.gov/>