

Tobacco Use Policy: Total Joint Replacement and Spine Fusion Surgeries

Since 1964, when the Surgeon General's report exposed the negative impacts of smoking on public health, there have been tremendous efforts to decrease tobacco use¹. Nonetheless, smoking remains the leading preventable cause of morbidity (disease) and mortality (death) in the United States², accounting for 480,000 premature deaths and 289 billion dollars in health care-associated costs each year³. Complications related to tobacco use before and after total joint replacement are well established⁴. In a systematic review of 21 studies, current smokers were significantly more likely to have a complication or die following total joint replacement compared to nonsmokers⁵. Smoking and tobacco use is associated with **delayed wound healing**⁶, **surgical site infections**⁷ requiring further surgery including removal of prosthetic implants, **early revision**^{8,9}, and **death**¹⁰.

We want you to have the best possible outcome from your surgery. Therefore, **we require you to quit smoking and tobacco products AND be off all nicotine replacement therapy (i.e. patches, gum, lozenges, etc.) a MINIMUM of 6 weeks prior to surgery**. We will help you with the necessary resources to quit. You will have urine and/or blood tests to confirm you have quit, and surgery will be delayed if you do not pass the tests. We firmly believe this is in your best interest. Thank you for your cooperation.

References

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