

TOBACCO USE AND TOTAL JOINT REPLACEMENT

WHAT YOU NEED TO KNOW

WHY DO I HAVE TO QUIT?

Tobacco use has been shown to have a **SIGNIFICANTLY HIGHER RISK OF COMPLICATIONS** after total joint replacement, including

- Deep infection requiring revision surgery
- Wound healing problems
- Higher pain scores after surgery
- Implant failure
- Fracture around the implant
- Major vascular injury during surgery
- Blood clots, cardiac events, and stroke

Multiple studies have shown that patients who smoke have a higher risk of needing revision surgery both <90 days and >90 days since the initial surgery.

Stopping smoking at least 6 weeks prior to surgery can decrease your risk of these complications, although it does not decrease your risk to the level of someone who has never smoked.

HOW DO I QUIT?

Your primary care physician will be critical in helping you quit tobacco products. They can help provide you

- Oral medications to help you quit smoking (e.g., Chantix)
- Nicotine replacement therapy (patches, gum)
- Resources for nicotine cessation programs

Online tobacco cessation support programs – www.smokefree.gov is a good place to start

WHAT IS THE PROCESS FOR SCHEDULING SURGERY?

- **Schedule an appointment to see Dr. Morgenstern when you have successfully stopped smoking**
 - Call (952) 442-2163 to schedule an appointment
- **IF you have successfully stopped smoking, you will discuss the risks and benefits of total joint replacement, and be placed on the surgery schedule (usually 6-8 weeks from the time of your appointment).**
- **2 weeks prior to your surgery, you will present for a lab visit, where a cotinine test will be performed – this is a nicotine derivative that will be elevated if you have used nicotine products recently**
 - Be aware that nicotine replacement products (patches, gums, etc.) can create false positives for this test. Do not use these products for 7 days prior to this test to avoid false positive results
- **We ask that you quit smoking for 6 weeks prior to surgery and for 6 weeks after surgery to decrease complications and optimize your surgical outcome. Ideally, you can use this as an opportunity to quit smoking for good!**