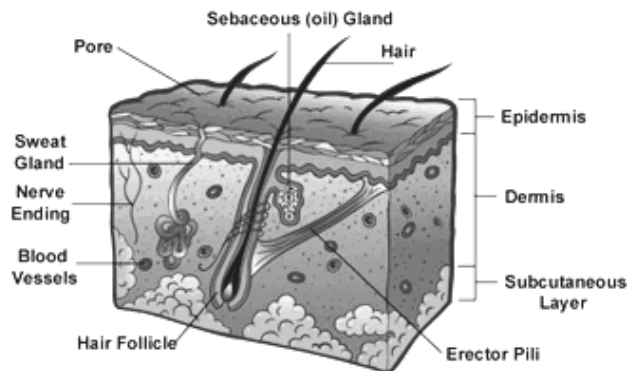


Smoking and Wound Healing

Smoking slows wound healing. There are many ways you can help your body heal faster.

What is the function of our skin?

Our skin system is made of 3 layers - epidermis, dermis, and subcutaneous. Hair, nails, and glands are part of the skin system. The skin is the largest organ of the body. It acts as a giant covering that protects the inside of our bodies from infection. This is what our skin looks like.



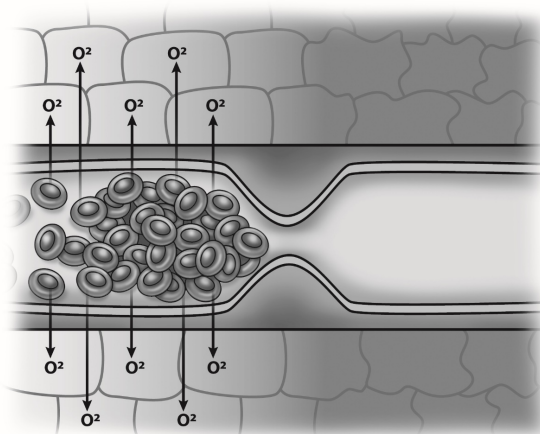
What happens when my skin has a wound?

Wounds result from many things such as burns, surgery, scraping your knee, or infections. No matter how big or small your wound is your body follows a similar process to help it heal. When a wound occurs, the immune system sends out many healing factors through the blood vessels to the wound to help it heal. Oxygen we breathe is also sent to the wound through our blood vessels to help the wound heal. When the wound-healing process is complete. The new skin and/or scar tissue acts as a new covering to protect us from future injuries and infection.

How does smoking affect my skin and wound healing?

Right Away

Smoking narrows your blood vessels. The narrowed vessels have a hard time getting oxygen, nutrients, and healing factors to the wound. This can slow the wound healing process.



When you smoke, carbon monoxide enters your blood cells and lowers the level of oxygen in your blood. Oxygen is vital to your healing. Smoking slows the healing process as less oxygen is delivered to your wound. It takes 3 full days of not smoking to get rid of all the carbon monoxide in your blood. It is vital to quit smoking for at least 3 days before your surgery, so the oxygen can build back up in your blood stream.

If you smoke, your risk for infection after surgery may also be higher due reduced oxygen and neutrophils in the blood. Oxygen is the main energy source for healing. Neutrophils are the white blood cells that fight infection. Infection is always a concern because not only will your

surgical site or wound not heal, but it can affect your entire body.

Long-Term

The chance for atherosclerosis (heart disease) increases if you smoke. This occurs when cholesterol, cellular waste, calcium, and other fatty substances get stuck on the walls in our arteries. Another name for the combination of these deposits is plaque. When plaque is present and builds up, blood flow can't get through the arteries. If blood doesn't flow, a wound can't heal.

Smoking can increase platelet activation. Platelets exist within our blood. They are important because they are what help keep the blood within our blood vessels. Smoking can cause an increase in the number of platelets. If this occurs, your blood is at risk for clotting. When blood clots, the body is at a higher risk for stroke or a heart attack.

What if I only smoke every once in a while, or only smoke cigars?

Studies have shown that **any** amount of smoking can delay the wound healing process, even if you only smoke once in a while. Cigars prevent wound healing in the same way.

Won't my wound(s) heal anyway?

Yes, your wound(s) may still heal but it will take longer. Also, there are many other reasons why you should stop smoking. Smoking can cause many problems, such as:

- Infection of your wound.
- A longer and more expensive hospital stay.
- If you have had a skin graft, it has a greater chance of not attaching as it should or failing.
- Blood clots may form near the wound.
- Stitches may come apart, causing scarring.

- You are more likely to catch a cold or pneumonia due to more mucus in your lungs.
- Decreased vitamin C levels. Vitamin C is needed to help your skin heal.

What can I do to help my wound(s) heal?

Eat right and drink a lot of fluids. Wound healing takes a lot of energy. It is a good idea to increase how much protein, calories, and vitamin C you eat. Meats, nuts, beans and dairy products are great sources of protein. Citrus fruits and green leafy vegetables are sources of vitamin C. Try to drink eight (8 oz.) glasses of water a day and avoid drinks with caffeine. Caffeine causes the body to lose water. When the body does not have enough water, your skin can become dry, and your wound will not heal as well.

Stay as active as possible. Exercise will help keep you healthy. It will also help your immune system fight infections.

Quit Smoking. Quitting is the best possible choice you can make to help your wound(s) heal faster, safer, and with fewer problems. It is also the best way to start a healthy lifestyle. If you would like more info on quitting please ask any member of your health care team.

When to Call

Call your doctor if you have any signs of infection. These include:

- Increased redness (over 1 inch in width) and swelling around the skin graft.
- Foul smelling drainage or pus from the skin graft.
- Flu-like symptoms (fever, chills, nausea or vomiting, muscle aches) and/or increased pain.

Questions? Please call:

The University of Wisconsin Smoking Cessation and Prevention Clinic
(608) 263-0573

Wisconsin Tobacco Quit Line
1-800-784-8669



If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#6150