



COMPREHENSIVE BARIATRIC PROGRAM

SMOKING CESSATION AGREEMENT

In the interests of patient safety, and in order to have lower complications during surgery, the Comprehensive Bariatric Program follows the guidelines set by the American Society for Metabolic and Bariatric Surgery (ASMBS) regarding the use of cigarettes and chewing tobacco. Smoking harms every organ in the body and using these products leads to a decreased blood to tissues, and delaying wound healing.

Patients who are having bariatric surgery through this program are required to be nicotine free for a minimum of twelve weeks prior to surgery. This action helps reduce the risk of blood clots and pneumonia. Patients may be screened for nicotine at the discretion of the surgeon prior to surgery, and if a positive result is obtained, surgery will be rescheduled. Nicotine replacement aids such as patches, lozenges, gum, nasal spray and inhalers or electronic cigarettes may be used to achieve cessation; however the patient needs to be free from these aids in the twelve weeks prior to surgery.

After surgery, the need to be tobacco and nicotine free continues. Returning to using these products will interfere with the healing process, and can increase the risk of developing marginal ulcers, fistulas and strictures, which may require surgical intervention if perforation occurs.

For further help regarding quitting, visit <http://www.smokefree.gov> or call 1-800 QUIT NOW (800-784-8669)

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