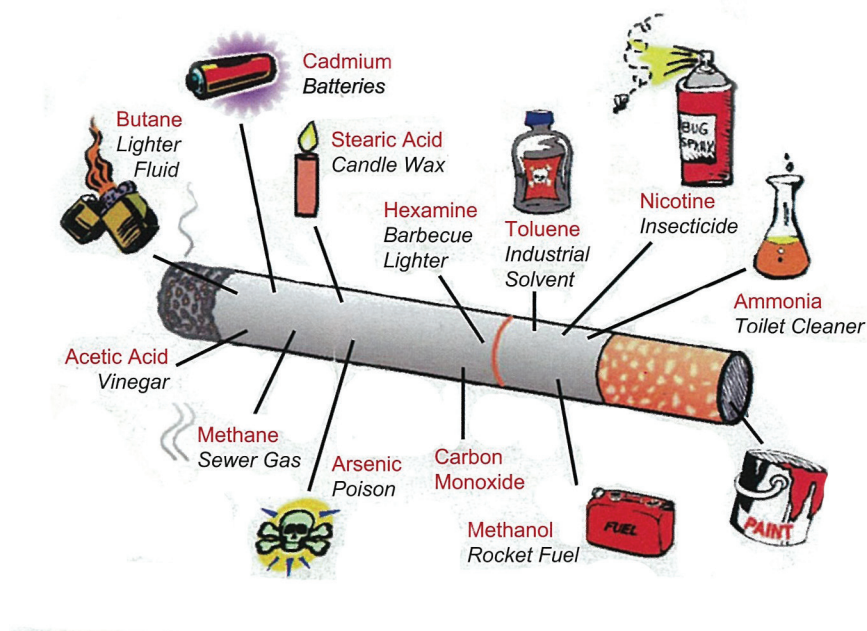


Dangers of Smoking for Orthopedic Patients



- Smoking may be the single most important factor in post-op complications, such as infection and wound problems.
- Orthopedic patients who smoke have worse outcomes than those who don't.
- Smokers have more pain and show less improvement, regardless of the treatment (surgical or nonsurgical).
- The association between tobacco use, worse outcomes and more frequent complications, such as delayed healing, have also been confirmed in the following studies:
 - Ligament, which includes ACL reconstruction and cartilage repair/restoration procedures
 - Development of osteoporosis
 - Rotator cuff pathology
 - Labral tears
- Each state has a free quitline (1.800.QUIT.NOW). This free, private and convenient service provides telephone counseling by appointment.