

Smoking Cessation

Your wound needs you to quit!

Risks

You have heard it all before: smoking causes cancer, heart disease, strokes, lung diseases, chronic obstructive pulmonary disease (COPD), problems of the immune system and so forth. But, have you heard about smoking and wound healing?

Smoking deprives your body of the oxygen it needs to repair wounds and grow new tissue. Not only does smoking narrow your blood vessels, starving your wound area of necessary blood flow, oxygen, and nutrients, it also significantly limits how much oxygen your blood cells can carry throughout your body.



What does this mean?

It means your body cannot provide effective healing factors to your wound. Your wound needs healthy, oxygenated blood flow that is restricted by smoking. Remarkably, slower healing has been observed in a smoker's wound versus a non-smoker's wound. Quitting smoking will provide your body with a much stronger potential to heal itself.

Ask your healthcare team about finding smoking cessation classes and support groups near you. Your local hospital system may offer them!

*We want to see you succeed in your journey to quit smoking.
We are here for you! Let us know how we can help.*

How do I quit?

There are many proven methods to stop smoking, including medications that your healthcare provider can prescribe to aid in combating withdrawal symptoms, as well as tips and tricks to overcome the addiction. Therapy, counseling, or support groups are other effective methods to overcome a smoking addiction. Research coping mechanisms such as goal-setting, distraction, nicotine patches, chewing gum and journal keeping, along with other helpful practices.

Smoking and HBOT

If you are receiving or about to receive Hyperbaric Oxygen Therapy, quitting smoking is crucial! Smoking has the direct opposite effect that we are trying to create with HBOT. Hyperbaric treatments increase the oxygen in your blood; smoking decreases the amount of oxygen that can be carried in your blood. Hyperbaric treatments increase the function of your immune system and your ability to fight infection; smoking decreases the function of your immune system and your ability to fight infection. Hyperbaric treatment encourages blood flow to wound areas; smoking decreases blood flow to wound areas. Therefore, smoking should be stopped during Hyperbaric treatment.

Your wound care and HBO team are here to support you!

If you start any medications for smoking cessation, be sure to let your wound care providers know, as it may affect the treatments you are receiving.