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Name: \_\_\_\_\_

DOB: \_\_\_\_\_

### CONSENT FOR NICOTINE TESTING

Blood flow to tissues is always a great concern during any surgical procedure because decreased blood flow can produce dangerous complications. Blood flow to tissue may be compromised with incisions and dissection. This effect is typically controllable, but when coupled with nicotine – a vasoconstrictor which decreases blood flow – reduced blood flow may result in a healing complication. Smokers face longer healing times, blood clots, wounds that break open, and greater risk of infection.

In a breast augmentation, liposuction, or blepharoplasty, the risk of blood flow compromise is lower because the incisions are smaller. However, in a breast lift or tummy tuck, there are much longer incisions and more dissection. The decrease in blood flow to the tissues, combined with the constricting effects of nicotine, can cause parts of the breast, nipple, or abdominal tissue to die. This complication also applies to breast reconstruction, breast reduction, and facelift surgeries.

In addition to actual cigarette smokers, patients who are exposed to secondhand smoke or who use e-cigarettes fall into the smoker category. Vaporizers do not decrease the amount of nicotine in tobacco, only the amount of smoke generated. Patches also contain nicotine. Marijuana alone does not contain nicotine; however it is sometimes combined with tobacco.

For certain surgeries, we require the cessation of smoking at least one month prior to surgery to reverse some of the effects of nicotine. You must remain off any sort of nicotine for one month following surgery to insure proper healing and an optimal outcome. You could quit a week before surgery, but it takes two weeks for cotinine (the predominant metabolite of nicotine) to clear the system.

The surgery that you have selected requires good blood flow. **Smokers are required to take a nicotine test in the office prior to the actual surgery.** The blood test gives an immediate result. If you fail the nicotine test, the surgery will be cancelled, and you will forfeit the 10% booking fee. 10% of the surgery cost is a booking fee to cover the cost of scheduling and supplies.

Smoking is such a critical factor to the success of a surgery that FVPS is taking a firm position against smoking. FVPS would love to perform every scheduled surgery; we hope that no patients fail the nicotine test. Because we want the best possible surgical outcomes, we will not perform certain surgeries on patients who have nicotine in their blood.

I have read and understand this Consent for Nicotine Testing. I consent to a nicotine test prior to surgery. If I test positive for nicotine, I understand that surgery will be cancelled and a 10% booking fee will be charged for the cancellation.

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Patient's or Responsible Party's Signature

Date