A Successful Hip or Knee Surgery Depends on You Quitting Smoking

“Doctor, I’m ready to have my knee replacement surgery, but I’m a smoker. Is it safe for me to continue smoking and have my surgery?”

Joint replacement surgeons often hear this question in their offices. **Quitting smoking is one of the most critical things to do in preparation for hip or knee replacement surgery so that your surgery will be successful.** It is well known that the effects of nicotine on the body directly cause chronic obstructive pulmonary disease, lung cancer, vascular disease, hypertension, coronary artery disease and blood clots - just to name a few. You may not know that smoking and using nicotine products can negatively impact your upcoming hip or knee replacement surgery and how well you do after surgery.

The widespread health impacts of nicotine and tobacco products can increase your risk of a complication in the period of time around surgery. **Toxins in cigarette smoke affect the body’s inflammatory response which in turn affect the body’s ability to heal.** This can lead to weak scar tissue and increased risk of problems with the wound. Studies have shown that active cigarette smokers have up to 1.5 to 3.2 times increased risk of wound-related complications following a joint replacement surgery. The carbon monoxide and nicotine gas in tobacco smoke reduces the ability of blood to carry oxygen to tissues effectively. The toxins in cigarette smoke also alter the body’s immune system by slowing the white blood cells’ ability to respond to infections. Ultimately, the poor scar formation, wound problems, poor oxygen delivery, and poor immune response from smoking have the combined effect of greatly increasing your risk of developing a prosthetic joint infection by up to 1.8 times. **Infection after joint replacement surgery can be a devastating complication,** and every effort should be made to prevent these complications.

Many published articles have shown that active smokers take longer to recover and stay longer in the hospital following hip and knee replacement surgeries. In addition, smokers have increased rates of being readmitted to the hospital for complications after surgery. Tobacco smokers have been found to have poor pain control after joint replacement surgery, and compared to nonsmokers, they require significantly greater doses of narcotic pain medications like opioids.

Although smoking can have these devastating complications, the good news is that quitting smoking and avoiding nicotine products can improve your chances of having a successful surgery. If you quit smoking for four to six weeks prior to surgery and continue for four weeks after, studies show that you can reduce your risk of complications by up to 50%. The longer you stay away from smoking and nicotine, the greater the benefit.

If you are considering joint replacement surgery, speak to your doctor about quitting smoking prior to your surgery to better your chances of having a safe surgery with great outcomes. There are many ways to do this including counseling, referrals to local smoking cessation...
programs, nicotine replacement therapy and even quitting “cold turkey.” Your doctor can help you plan the right approach that’s best for you.

The following is a summary of a recent study on the topic of smoking and complications after joint replacement surgery.

**Tobacco Use and Risk of Wound Complications and Periprosthetic Joint Infection: A Systematic Review and Meta-Analysis of Primary Total Joint Arthroplasty Procedures.**

This purpose of this study was to conduct a large-scale analysis of all the literature available to assess the association between tobacco use and the risk of any wound complication and periprosthetic joint infection after primary total hip and total knee arthroplasty procedures. Fourteen separate studies on the topic were included in the analysis. The data found tobacco users to have significantly higher risk of wound complications (1.78 increased odds) and periprosthetic joint infections (2.16 increased odds) compared to non-tobacco users. The study also found current tobacco users to have significantly increased risk of periprosthetic joint infections (1.52 increased odds) compared to former tobacco users.


Here are other studies that looked at smoking and joint replacement surgery:


