

Effects of smoking in wound healing

Information for Patient and Carers

Introduction

Cigarette smoking is a key risk factor for poor wound healing, with a greater risk of infection and scarring. (Cope, 2014)

How Does Smoking Affect Wound Healing?

Cigarettes contain nicotine. Nicotine causes your arteries to become narrow. It can also cause your arteries to go into spasm. When this happens, the oxygen and nutrients carried in your blood cannot get to your wound. Oxygen and nutrients are needed for your wound to heal. A wound that does not get enough oxygen and nutrients may result in a wound that does not heal.

How Else Does Nicotine Affect the Body?

- Tobacco smoke leads to many types of cancers.
- Smoking increases your heartbeat and blood pressure. It strains your heart and blood vessels.
- This can cause heart attacks, strokes or limb amputations.
- Smoking makes a tar like substance coat your lungs that may cause lung cancer.
- Smoking leads to emphysema and chronic bronchitis. This causes the lung and heart to fail.
- Smoking harms nearly every organ of the body.

Smoking Cessation

Yorkshire Smokefree offer a range of medications and face to face, online or telephone support to help you quit smoking. Stop smoking clinics are available in Halifax, Brighouse, Elland, Sowerby Bridge and Illingworth.

Calderdale Patients

Telephone number: 01422 262373
0800 621 0011 free from landlines
0330 660 1166 free from mobiles
www.yorkshiresmokefree.nhs.uk

www.facebook.com/ysmokefree

<https://twitter.com/YSmokefree>

Kirklees Patients

Drop-in sessions at Batley Library
every 1st and 3rd Thursday of the month.



Download the free NHS
Quit Smoking app

If you have any comments about this leaflet or the service you have received you can contact :

Community Administrative Team
Beechwood Health Centre
60B Keighley Road
Halifax
HX2 8AL

Telephone: 01422 652291

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"