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

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

اگر آپ کو بی معلومات کس اور فارم بھٹ بی زبان می درکار ہوں، تو برائے مہربازی مندرجہ بالا شعبے می ہم سے رابطہ کری.

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

