

**Albert Dabbah, MD, FACS**  
**Cosmetic & Reconstructive Plastic Surgery**  
**1599 NW 9th Ave Ste 1**  
**Boca Raton, FL 33486**  
**561-488-1700**

**Smoking and Nicotine Policy**

Smoking and nicotine are unhealthy and are associated with many illnesses, diseases and cancers. You have been advised to stop any and all nicotine products for health reasons as well as for reasons related to your surgery.

Smoking and nicotine directly affect the healing of tissues by decreasing the amount of oxygen delivered and replacing oxygen with carbon monoxide. In addition, the chemicals in tobacco narrow the diameter of the blood vessels and decrease the amount of blood flow into the tissues. This can result in delayed healing, poor healing, the inability to heal, loss of tissue, failure of the operation and the need for further surgery or repeating the operation.

Plastic surgery procedures rely on very delicate blood vessels for healing.  
***Smoking and nicotine can turn a very successful operation into a failure.***

Regarding canceled elective cosmetic procedures due to smoking:  
Any deposit given toward surgery ***will be forfeited*** regardless of the number of days prior to surgery. Any additional cosmetic surgery due to smoking issues will have an additional charge. Complete candor in informing the surgeon is vital.

If you need help in quitting, please inform my office staff and we will refer you to a health professional that can help.

Patient Name and Date: \_\_\_\_\_

Patient Signature: \_\_\_\_\_