

The Health Board recognise that losing weight and quitting smoking are difficult things to do and your clinician will offer you referral to appropriate services to support you.

**For more information visit :**

<http://www.cardiffandvaleuhb.wales.nhs.uk/cmats-patient-information>

<http://www.cardiffandvaleuhb.wales.nhs.uk/optimisingoutcomes>

<http://www.cardiffandvaleuhb.wales.nhs.uk/smoking-and-surgery>

'Stop before you op' animation  
<http://bit.ly/2sF1Zxz>

## MSK PATIENT RISK COMMUNICATION SMOKING AND OBESITY

Patient Information Sheet



If you have a

**BMI of 30**



**or above** you are more likely to experience complications during and after major joint surgery.



If you **smoke**

you are more likely to **experience complications** during and after major joint surgery.

The table below illustrates some of the risks associated with hip and knee surgery when a person is obese (BMI of over 30) or is a smoker.

	Hip Surgery					Knee Surgery				
<b>Risks involved if you have a BMI of more than 30</b> 	Longer operating times	Increased blood loss during surgery	Delayed wound healing	Dislocation of hip implant		Increased risk of infection	Increased risk of need for further surgery			
<b>Risks involved if you are a smoker</b> 	You may need a higher dose of anaesthetic	Increased risk of infection	Delayed wound healing	Higher chance of complications such as Pneumonia and DVT.	Increased risk that the new joint will fail after surgery	You may need a higher dose of anaesthetic	Increased risk of infection	Delayed wound healing	Higher chance of complications such as Pneumonia and DVT	



People who have a BMI of over 40 will be expected to engage with a weight management programme with the aim of reducing your BMI to under 40 before elective major joint surgery will be conducted.



People who smoke will be expected to engage with Stop Smoking services before elective major joint surgery will be conducted.