Smoking and hazardous alcohol consumption should be stopped 4 weeks before elective surgery.

<table>
<thead>
<tr>
<th>Class (Strength) of Recommendation</th>
<th>Class I (Strong)</th>
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<tbody>
<tr>
<td>Level (Quality) of Evidence</td>
<td>Level C-LD (Limited Data)</td>
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</tbody>
</table>

**Main Points**

- Tobacco smoking and excessive alcohol consumption have been identified as lifestyle risk factors.

- Smoking or excessive alcohol intake can lead to lung, wound, bleeding, metabolic and infectious complications.

- Stopping smoking and consuming alcohol before surgery can reduced these complications.

**Key References**


