

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

Class (Strength) of Recommendation	Class I (Strong)
Level (Quality) of Evidence	Level C-LD (Limited Data)

## 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

1. Tonnesen H, Nielsen PR, Lauritzen JB, Moller AM. Smoking and alcohol intervention before surgery: evidence for best practice. *British journal of anaesthesia*. 2009;102:297-306.
2. Gaskill CE, Kling CE, Varghese TK, Jr., et al. Financial benefit of a smoking cessation program prior to elective colorectal surgery. *The Journal of surgical research*. 2017;215:183-189.
3. Levett DZ, Edwards M, Grocott M, Mythen M. Preparing the patient for surgery to improve outcomes. *Best practice & research. Clinical anaesthesiology*. 2016;30:145-157.
4. Sorensen LT. Wound healing and infection in surgery: the pathophysiological impact of smoking, smoking cessation, and nicotine replacement therapy: a systematic review. *Annals of surgery*. 2012;255:1069-1079.