

Foot Care Associates of Texas  
24044 Highway 59 N.  
Kingwood, TX 77339-  
281 p540-1444

### SMOKING AND CAFFEINE USE

If you smoke or consume caffeine, you should stop at least one to two weeks prior to your surgical procedure and not resume smoking/ caffeine use for at least 3 weeks after surgery. A recent study has shown that smokers/caffeine users are more likely to experience 12 times more wound healing problems than non-smokers/caffeine users. Nicotine and caffeine constrict the blood vessels, restricting blood flow to the skin and other parts of the body that need it most-those areas that are undergoing the healing process. Therefore, smokers/caffeine users are much more likely to experience skin loss, fat necrosis and scarring after a surgical procedure. Although these complications can affect anyone, ceasing to smoke and consumption of caffeine during the advised periods will greatly decrease your chances that such complications will affect you. Most severe problems with healing of the skin occur with individuals who smoke and use caffeine.

Please advise our office if you ingest nicotine or caffeine in any form on a regular basis. We are here to help you, and will be happy to answer any questions.

### REQUEST FOR FORMS TO BE FILLED OUT

We file all insurance forms for your professional services completed by Dr. Wynn at no charge to you. However, many employers and / or insurance companies require that patients have forms filled out by Dr. Wynn's office for various reasons for their benefit. Unfortunately, we must charge an administrative fee of \$25.00 for each form, and we must have a several business days to complete them. We are sorry for any inconvenience, but due to the requests for these services we must bill our patients.

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Patient Signature

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DATE