



SMOKING INFORMATION

How it Affects the Skin

- Smoking a cigarette releases 4000 toxins into your bloodstream. Many of these toxins decrease oxygen and nutrient delivery to tissues such as the skin, interfere with cell regeneration, increase and accelerate wrinkle formation, and thin the skin.
- These skin changes may occur after only 10 years of smoking.
- The more cigarettes you smoke and the longer you smoke, the more skin wrinkling you are likely to have, even though the early skin damage from smoking may be hard for you to see.
- Smoking doesn't cause wrinkles only on your face. Smoking also is associated with increased wrinkling and skin damage on other parts of your body, including your neck, chest, and inner arms.
- Although lasers and injectable fillers can help soften the wrinkles, as long as you are smoking you are still creating wrinkles faster than we can correct them.
- You can prevent worsening of wrinkling by quitting smoking now.
- Lasers can treat much of the damage that you did while you were smoking.