

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Alcohol abuse in the home

The over use of alcoholic beverages is not just a driving problem but also a home issue. Alcohol is the indirect cause of many accidents at home causing injury. The confusion that sometimes occurs may also result in a person incorrectly taking their prescription medications. This leads to additional problems. Check with your doctor and your pharmacist to be certain there are no interactions between your medications and alcohol.

As you age your tolerance to alcohol may diminish. You were able to have 4 drinks with minimal adverse effects, now it only takes 2 or 3 drinks. Someday it will only take a single drink. "It has never been a problem" they tell me. "I have been drinking the same amount for years" they say. The tolerance to the effects of alcohol diminishes with age. You have to consume less alcohol.

Washing wounds with rubbing alcohol is certainly toxic to the area. On the other hand I do not think that having a drink or two will directly affect the wound healing process. I worry more about the possibility of trauma and further injury by drinking too much alcohol. People lose balance, run into things, fall over.

How about those activities in the yard or the garage? Using tools and performing manual labor while drinking will result in injuries. Poor judgement is more likely after consuming alcohol. This may then lead to more mishaps or accidents.

When in the kitchen preparing a meal you may get a little tired after drinking and fall asleep with the burner on. Children get hurt here indirectly, fires burn kitchens and then the house. People get absent minded and leave appliances and tools running. They forget what they were doing.

Drinking alcoholic beverages requires advanced thinking. You need to plan ahead. Have a practical understanding of who will be the designated driver, or cook at the barbecue grill. Always do your household jobs first, then relax and enjoy your cocktails.

**The above represents the opinion of A. E. Haas, M.D.
Venice Plastic Surgery, Venice Wound Center, Lakeside Medical Center**

Just call us directly. No referral needed unless required by your insurance company

836 Sunset Lake Blvd # 103, Venice, FL 34292
(941) 492-4775