

Quit smoking before surgery



How to quit or reduce smoking before surgery

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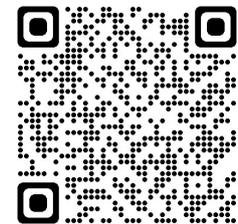
Why is it important to quit (or stop) smoking before surgery?



The sooner you start to prepare for your surgery the better prepared your body will be to recover.

Please watch this short video

<https://vimeo.com/309222079/8d72cb333f>.



Quitting smoking reduces the risk of complications of surgery. Quitting smoking can be difficult but it is achievable. There are free services to support you to quit.

Quitting before surgery reduces risk of:

- blood clots
- infections
- pneumonia

Quitting before surgery improves:

- wound healing
- breathing during surgery
- response to pain medications

How soon do I need to quit?

Quitting smoking before your surgery gives many benefits. This includes benefits for your surgery and after your surgery. The earlier you quit, the more benefits there are.

Within 6 hours	Your heart rate slows, and blood pressure becomes more stable
Within a day	Oxygen can better reach your heart and muscles
Within 3 weeks	Wounds heal better
Within 3 months	Blood flow to your hands and feet has improved
Within 6 months	You are less likely to be coughing up phlegm
After 1 year	Your lungs are healthier, and breathing is easier.

Quitting can be hard. Who can help?



- Quitline is a free, confidential telephone service. Quitline counsellors can help motivate you to quit. They will work with you to help you manage cravings, triggers, and barriers to quitting.
- Quitline is available in English, Vietnamese, Chinese (Mandarin/Cantonese) and Arabic.
- Aboriginal people in NSW and ACT can ask to speak to an Aboriginal Quitline Advisor.
- Talking to a Quitline Counsellor can increase your chance of successfully stopping smoking.
- Call Quitline 13 78 78 (13 QUIT).

iCanQuit

See the iCanQuit website www.icanquit.com.au for information on how to quit, quitting methods and where to get support.

Nicotine Replacement Therapy (NRT)

- Using nicotine patches gives a steady level of nicotine. Fast acting NRT products (mouth spray, lozenge, gum or inhalator) gives you extra nicotine at times when you would normally smoke.
- Speak to a Quitline counsellor, your doctor, or your pharmacist for advice about which NRT products will be best for you.



Reviewed By
St George Hospital
Consumer Advisory Group
Working together