

Patient Information Sheet

Why you should stop smoking before your operation?

We all know that smoking affects our long term health. Smoking also greatly increases the risk of complications during and after surgery.

You can reduce this risk if you stop smoking as early as possible before your operation.

You are strongly advised to use this opportunity to stop smoking for good.

Why get help to stop smoking before your operation?

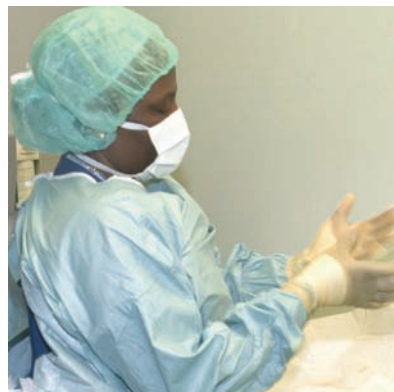
With help and support, you may find it easier than you thought to stop. Smoking is addictive and it is the nicotine that makes it addictive. However, you can get lots of different types of Nicotine Replacement Therapy (NRT) to help you manage your withdrawal symptoms. As well as NRT, there are other products available on prescription that can help you go smokefree, such as Zyban and Champix.

If you would like this document in a different format, for example large print, audio cassette/CD, Braille or in another language, please contact 01423 859618.

Does stopping smoking before an operation do any good?

There is good evidence that stopping smoking before your operation:

- ◆ Reduces lung, heart and infectious complications.
- ◆ Reduces bone fusion time for fracture repair after fracture.
- ◆ Reduces length of stay in hospital.
- ◆ Reduces anaesthesia related complications.
- ◆ Decreases wound healing time. The wound cannot heal as effectively if you smoke, as not only is there a reduced blood flow, but a lower level of oxygen in the blood.
- ◆ Reduces breathing problems. (If you smoke you have a one in three risk of post operative breathing problems. This can be reduced to one in ten if you stop smoking eight weeks before the operation.)



What FREE NHS help is available?

There are a range of different methods to help you become smokefree:

- 1 Your **GP Practice** may have a registered Stop Smoking Advisor who can help you to stop smoking. Ask for further information at your GP Practice.
- 2 Contact your local **NHS North Yorkshire Stop Smoking Service 0300 303 1603** for free group or one-to-one help and advice from trained experts. Let them know that you are going to have an operation so they can give you priority.
- 3 Ask your local **Pharmacist** if they have a trained Stop Smoking Advisor you can see for free one-to-one help and support.
- 4 The **NHS Smoking Helpline** and website are always there to give free advice, help and support. Call **0800 169 0 169** or for online help and support visit www.smokefree.nhs.uk

One in two people who use their local NHS Stop Smoking Service are not smoking four weeks later. If you also use medicines, such as patches or gum, you are up to four times more likely to successfully go smokefree.

