

Are You Having Surgery? Do You Use Tobacco?



***STAYING
TOBACCO-FREE***
**6 to 8 weeks before
surgery will help
you heal and
reduces your risk
of complications**

By Quitting Before Surgery

- Experience fewer complications when under anesthesia during surgery.
 - Wounds will heal more quickly.
 - Surgical wounds are less likely to get infected.
 - Decreased risk of lung and chest infection after surgery.
 - Reduced length of hospitalization.
 - Chances increase for long-term success with smoking cessation.
- Talk to your health care provider—such as a doctor, pharmacist or counsellor—about proven ways to help you quit.
 - Try a quitting aid, such as Nicotine Replacement Therapy (NRT) or stop-smoking medication. Call 8-1-1 to register for the BC Smoking Cessation Program, to access free NRT or get information on subsidized stop smoking medication.
 - Contact the BC Smoking Cessation Program: www.health.gov.bc.ca/pharmacare/stop-smoking

For support and services, contact Quitnow.ca | Visit: www.quitnow.ca or call Health Link 8-1-1
For more information visit: www.TobaccoEd.org