

How to quit smoking before surgery

With support from Peninsula Health

Our Community Health Centres offer Quit Smoking Support Services for people who prefer a face-to-face meeting with a Quit Educator. These individual appointments or group sessions are held at our Community Health sites in Frankston, Mornington, Rosebud and Hastings. A small charge may apply.

For more information or to make an appointment, speak with an Access Worker on: **1300 665 781**.

With support from Quitline

Quitline is a **free** service.

Contacting Quitline will put you in touch with a Quitline specialist. After talking to you, your Quitline specialist will give you a stop-smoking plan and support you after you have quit. Most people have about six counselling sessions over the phone. You can discuss other supports including stop-smoking medication with the Quitline specialist.

To contact Quitline:

1. Complete and sign the enclosed form
2. Send it in the enclosed reply-paid envelope
3. Quitline will phone you (including mobiles) at the time you have asked for.

With other support

You may also want to consult your GP or pharmacist for advice about medication that may improve your quitting success.

Quit smoking and make a big difference to the success of your surgery and your future health. Better, faster healing

- Less chance of infection
- Less anaesthetic complications



Disclaimer: The information contained in this brochure is intended to support not replace discussion with your doctor or health care professionals.

Print Code: 14787 – 01/03/12

Authorising Department: Department of Anaesthesia



PENINSULA HEALTH

Peninsula Health
PO Box 52
Frankston Victoria 3199 Australia
Telephone 03 9784 7777
www.peninsulahealth.org.au



PENINSULA HEALTH

Stop before the op

Important advice for smokers

Why you should quit smoking before surgery



IN PARTNERSHIP,
**Building a
Healthy Community**

Improve your health before, during and after surgery

The doctors and nurses at Peninsula Health want to make sure you come through your surgery in the best shape possible.

Smoking increases the risk of problems during and after your surgery.

Quitting smoking before surgery may mean less time in hospital, a faster recovery and benefits for your future health.

If you can quit smoking now, it will help you quit for life.

Within a day

Almost all of the nicotine is out of your blood stream.

Within a week

Your lung's natural cleaning system will start to recover and become better at removing mucus, tar and dust from your lungs.

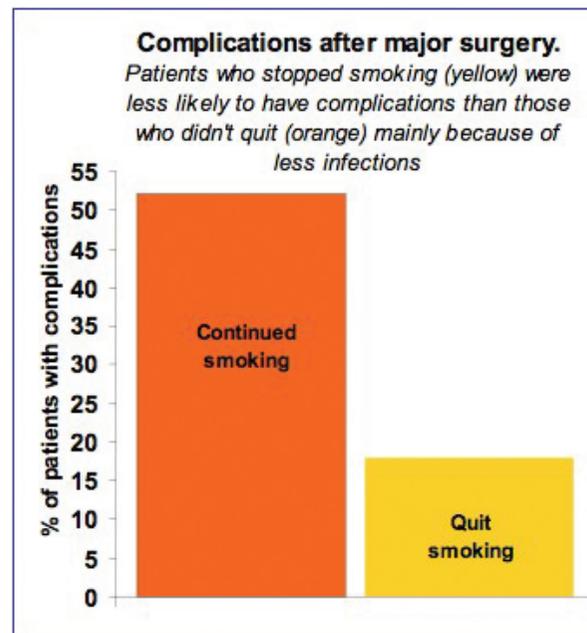
By two months

Your chance of wound infection is similar to people who never smoked. Lung complications are reduced.



What does research say about quitting smoking before surgery?

- People who smoke are almost 50 per cent more likely to get a wound infection after surgery. Severe infections can be life-threatening. Even minor infections can mean antibiotics and a longer stay in hospital. Quitting smoking before surgery will reduce your risk of getting an infection.
- Smokers take longer to heal. If you quit smoking, your heart and lungs will work better to help you through the surgery process. Your blood will carry more oxygen around your body, helping you to heal faster.



Reference: Dr. A Moller. The Lancet. Vol. 359. p114-7

Why is surgery a great time to quit smoking for life?

- When preparing for surgery you may begin to think about your health and want to make changes. Quitting smoking is one of the best ways to improve your health and lifestyle.
- Peninsula Health has a smoke-free policy so you cannot smoke on site during your stay at any of our facilities.
- Quitting smoking before surgery will mean that you will be free from cravings whilst in hospital.
- Quitting smoking for good will reduce future risk of cancer and heart disease.
- You have the potential to save thousands of dollars.

How long before my operation should I quit smoking?

- The earlier you quit the better. Research, such as the study in the graph on the left, has shown that quitting six to eight weeks before your surgery significantly reduces the risk of infection.
- Even if you don't have this much time before your operation, recent research shows that shorter periods of smoke-free time can still help you.
- The more smoke-free time you have before surgery, the greater the benefits to you.