



# Stop before your operation and recover better

## We all know that smoking is bad for our 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.

## A minimum of eight weeks is recommended

Whatever your reason for a hospital stay, one of the most important things you can do to speed up your recovery is to **quit smoking**.

**You won't be able to smoke whilst in hospital** so you need to consider how you will manage this during your stay.

## Why stop smoking?

Stopping smoking before your op:

- Reduces **lung and heart** complications
- Speeds up **bone and wound** healing time
- Reduces **length of stay** in hospital
- Reduces **anaesthetic** related complications
- Reduces **breathing problems**, such as chest infections

Smokers have a **one in three** risk of having breathing problems after an operation

This can reduce to **one in ten** if you stop smoking eight weeks before your operation

## What FREE help can you get?

Quitting smoking can be difficult, but **you don't need to do it alone**.

**Contact your local Healthy Lifestyle Service** for free help and expert advice (details on the reverse of this leaflet).

Let them know that you are going to have an operation.

You are up to **four times** more likely to quit with help and support from a specialised service

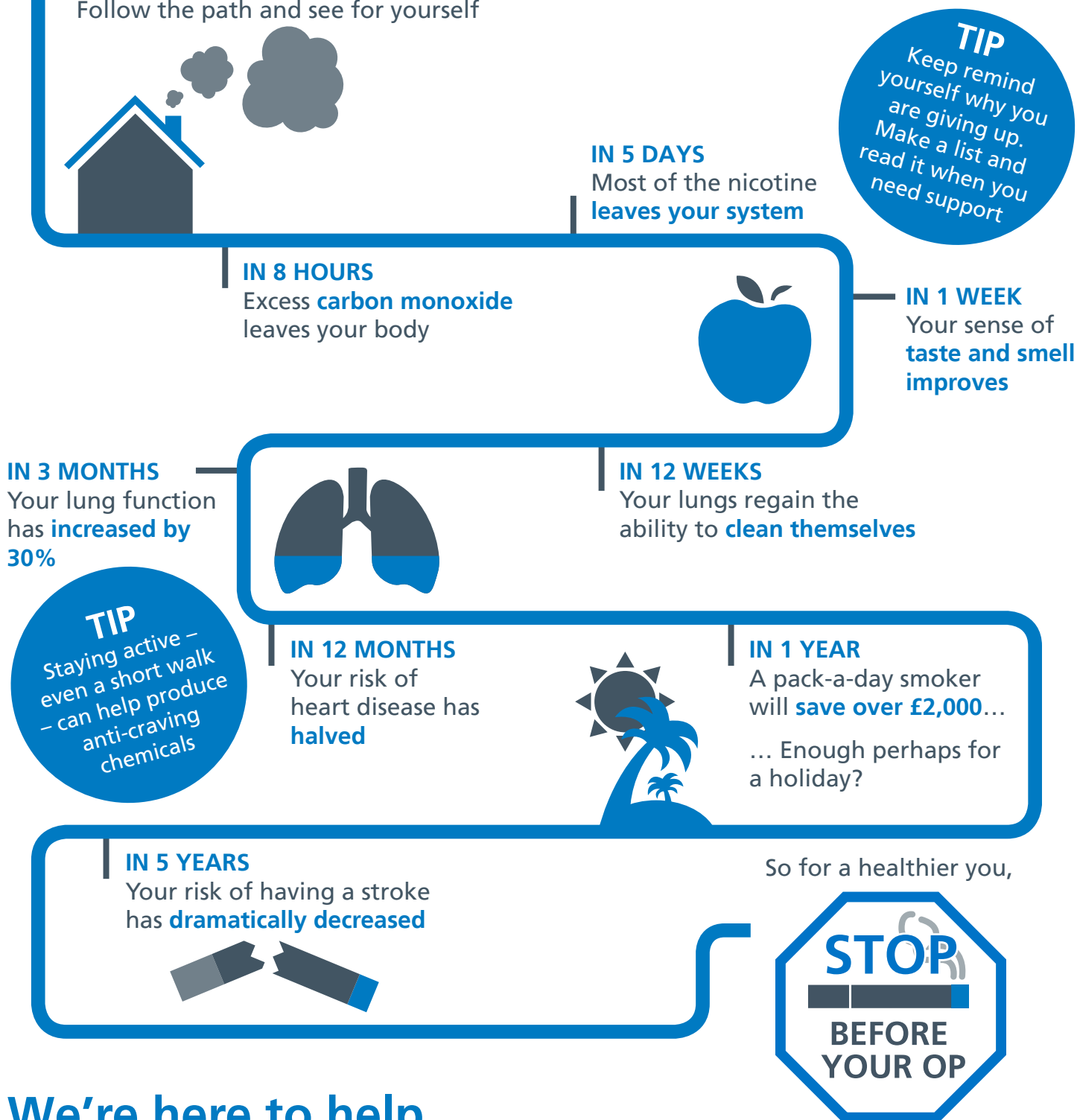
Smoking is addictive due to the nicotine in cigarettes, but you can get lots of different types of Nicotine Replacement Therapy (NRT) to help you quit.

As well as NRT, there are other products available on prescription from your GP that can help you go smoke free. You can also buy electronic cigarettes from many high street retailers or pharmacies.

**Quitting before your op could be the start of a new Smoke Free you!**

# The path to your smoke-free future

You may think that the damage done by smoking is irreversible. In fact, **the longer you don't smoke, the more your body will recover from the damage smoking has caused.** Follow the path and see for yourself



## We're here to help

Plymouth	<a href="http://www.OneYouPlymouth.co.uk">www.OneYouPlymouth.co.uk</a>	01752 437 177
Torbay	<a href="http://www.TorbayAndSouthDevon.nhs.uk/services/healthy-lifestyles">www.TorbayAndSouthDevon.nhs.uk/services/healthy-lifestyles</a>	0300 456 1006
Rest of Devon	<a href="http://www.OneSmallStep.org.uk">www.OneSmallStep.org.uk</a>	0800 298 2654
Cornwall	<a href="http://www.HealthPromCornwall.org">www.HealthPromCornwall.org</a>	
NHS Smoking Helpline	<a href="http://www.SmokeFree.nhs.uk">www.SmokeFree.nhs.uk</a>	0800 169 0 169

 [www.myHealth-devon.nhs.uk](http://www.myHealth-devon.nhs.uk)