

Are You Having Surgery?

Do You Use Tobacco?

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

By Quitting Before Surgery

- You will experience fewer complications when under anesthesia during surgery.
 - Your surgical wounds will heal more quickly and are less likely to get infected.
 - There is a decreased risk of lung and chest infections after surgery.
 - Your hospital stay will be shorter.
 - You will increase your long-term chances to successfully quit smoking.
- 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 NRT (Nicotine Replacement Therapy) or stop-smoking medication. Call 8-1-1 to register for the BC Smoking Cessation Program, to access free NRT, or to 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: TobaccoEd.org