

Preparing for Oral Surgery?



QUITTING SMOKING
Can Reduce the Risk of
Complications and Lead to a
Successful Surgery



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Prevention Programs



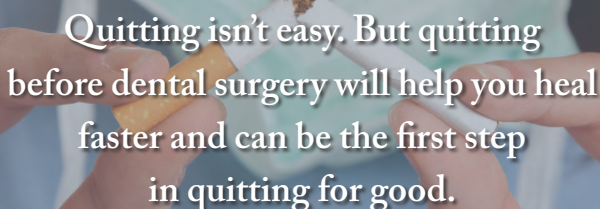
**British
Columbia
Dental
Association**

If you are having a tooth extraction, implant placement, tissue grafting, or other oral or dental surgery, do not smoke for 12 hours before oral surgery nor for 24 hours after surgery. Here's what you need to know if you do smoke.

- It takes longer for your surgical or extraction site to heal.
- You are more likely to get an infection.
- You are at risk for 'dry socket', a condition that causes pain and can delay the healing process.
- You may need to repeat the surgery because a dental implant has failed.
- You are at greater risk for periodontal disease that can lead to tooth loss.

How to stop. . .

- Ask a health care provider or pharmacist about NRT (Nicotine Replacement Therapy) or prescription medication. NRT aids such as gum, a patch, an inhaler, or lozenges can reduce your cravings for nicotine and increase your chances of quitting.
- Get help from your family and friends, and by using internet or telephone resources to support your efforts.



Quitting isn't easy. But quitting before dental surgery will help you heal faster and can be the first step in quitting for good.

For support, call 8-1-1 and ask for QuitNow, visit www.quitnow.ca, or text "Join" to 654321.

For more information, see bccancer.bc.ca/PPI/Prevention bclung.ca and TobaccoEd.org.



To re-order more of these rack cards for your dental office, scan this code with your smart phone, email ssbs@preventionprograms.org, or call 604.877.6299.