

*Are You Having Surgery?
Are You a Smoker?*



QUITTING SMOKING
can make surgery more successful
and help you heal faster.



BC Cancer Agency
CARE + RESEARCH

An agency of the Provincial Health Services Authority

Prevention Programs

Surgery and Tobacco Users

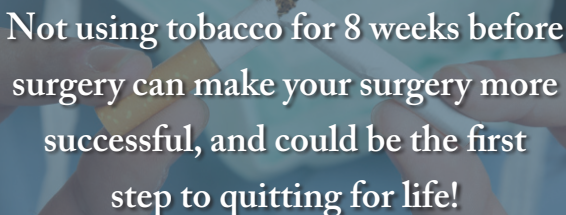
- You are at higher risk of complications.
- Your surgical wounds are more likely to get infected and take longer to heal.
- You are at greater risk of lung infection.
- Your hospital stay may be longer.

How to Quit

- Talk to a health care professional—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 811 to register for the BC Smoking Cessation Program, to access free NRT or get information on subsidized stop smoking medication.
- These products can really increase your chance for success in quitting.

Resources for Quitting

For support and services, call 811 and ask for QuitNow, visit www.quitnow.ca, or use QuitNow's text service: text "Join" to 654321.



Not using tobacco for 8 weeks before surgery can make your surgery more successful, and could be the first step to quitting for life!

Visit: www.quitnow.ca
www.bccancer.bc.ca/ppi/prevention/tobacco
www.tobaccoed.org