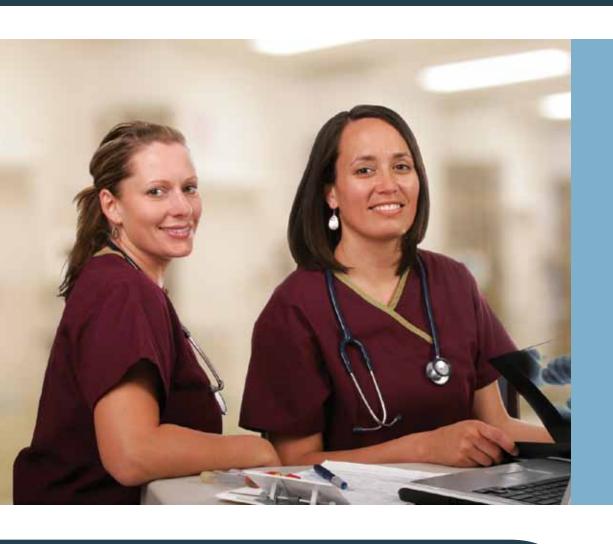
Are You Having Surgery? Do You Use Tobacco?



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 longterm 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



