

### If you continue to smoke

- You are five times more likely to have a chest infection after surgery
- Your wounds will take longer to heal.

### Stopping smoking before the operation will

- Reduce the risk of lung and heart complications, as well as infections
- Reduce the length of your hospital stay
- Reduce complications from the anaesthetic
- Reduce breathing problems
- Reduce the time it takes for bones to heal.

Research shows that you are four times more likely to quit for good with local help and support.

### Download the free NHS Quit Smoking app

The NHS Quit Smoking app is designed to provide you with personalised support to help you quit smoking for good.



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### How long before my operation should I stop?

The sooner you stop before your operation, the better. Ideally you will try to quit at least three months before your operation, but stopping just a week before your surgery will have a positive effect.

### What impact will quitting smoking have?

- In 2-4 weeks, the body's immune response will improve
- In 3-4 weeks, wound healing will improve
- In 6-8 weeks, lung function will improve
- In 4+ weeks, respiratory complications will reduce.

Stopping smoking won't just help you recover more quickly from your operation, it'll save you money, help you stay active, and improve your health in the future, too.

### Please contact your stop smoking support advisor

Name: \_\_\_\_\_

\_\_\_\_\_

Contact: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Stop before the op

If you smoke, it is crucial that you try and stop before surgery.

Quitting smoking before your hospital stay can speed up your recovery and reduce the risk of complications.



# What happens next

You will be referred to a specialist public health nurse for support with giving up before your operation, and you will be contacted by phone to discuss the various treatment options and support services available.

## References:

Smoking cessation | Centre for Perioperative Care

<https://www.ncsct.co.uk/library/view/pdf/Inpatient-TD-best-practices-and-key-messages.pdf>

## How to quit smoking before surgery

**Nicotine Replacement Therapy (NRT):** Products like patches, gums, lozenges, or nasal sprays can help ease cravings and withdrawal symptoms.

### Vaping:

Helpful for some because it feels like smoking without the harmful effects of cigarettes.

### Varenicline:

A medicine that eases cravings and withdrawals by helping your brain adapt to less nicotine.

### Cytisinicline (Cytisine):

A natural product that works like nicotine to help reduce cravings and make quitting easier.

### Bupropion:

Helps reduce cravings and withdrawal symptoms, especially if you're feeling upset or low when trying to quit.

## Support through the Tobacco Dependency Team:

Your hospital has a dedicated team to support you in quitting smoking before your surgery. They're called the Tobacco Dependency Team, and their services include:

- **Personalised support:** One-on-one guidance from trained professionals who understand your needs
- **Ongoing support:** Post-op support to help you stay smokefree
- **NHS Greater Manchester Quit Smoking app:** Download the free app for daily tips | and motivation.

## The path to a smokefree future

You might think smoking damage is permanent, but the longer you stay smokefree, the more your body heals. See the short term and long term benefits below.



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