

Stop before the Op

Important advice for smokers



Why you should quit smoking before surgery

Improve your health before, during and after surgery

The doctors and nurses at Metro South Health want to make sure you come through your surgery in the best shape possible. Smoking increases the risk of problems during and after your surgery. Quitting smoking before surgery may mean less time in hospital, a faster recovery and benefits for your future health. If you can quit smoking now, it will help you quit for life.

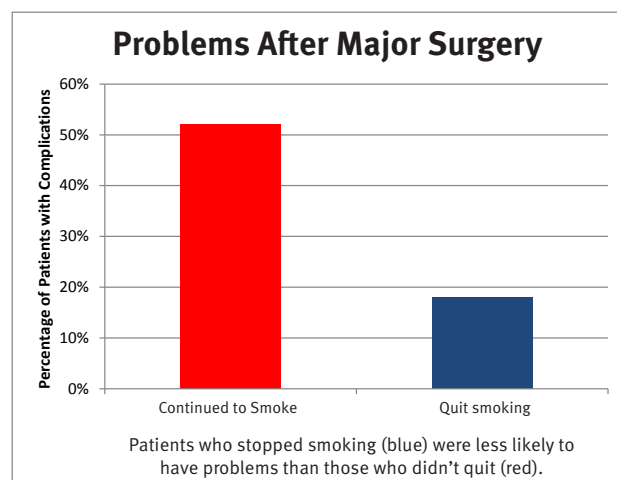
Within a day : Almost all of the nicotine is out of your blood stream.

Within a week: Your lung's natural cleaning system will start to recover and become better at removing mucous, tar and dust from your lungs.

Within two months: Your chance of lung problems and wound infection are similar to people who have never smoked.

How long before my surgery should I quit smoking?

- The earlier you quit the better. Research, such as the study in the graph on the right, has shown that quitting six to eight weeks before your surgery significantly reduces the risk of infection.
- Even if you don't have this much time before your surgery, recent research shows that shorter periods of smoke-free time can still help you.
- The more smoke-free time you have before surgery, the greater the benefits to you.



Reference: Dr. A Moller. The Lancet. Vol. 359. p114-7

What does research say about quitting smoking before surgery?

- People who smoke are almost 50 percent more likely to get a wound infection after surgery. Severe infections can be life-threatening. Even minor infections can mean antibiotics and a longer stay in hospital. Quitting smoking before surgery will reduce your risk of getting an infection.
- People who smoke take longer to heal. If you quit smoking, your heart and lungs will work better to help you through the surgery process. Your blood will carry more oxygen around your body, helping you to heal faster.

Why is surgery a great time to quit smoking for life?

- When preparing for surgery you may begin to think about your health and want to make changes. Quitting smoking is one of the best ways to improve your health and lifestyle.
- Metro South Health has a smoke-free policy so you cannot smoke on site during your stay at any of our hospitals.
- Quitting smoking before surgery will mean that you will be free from cravings whilst in hospital.
- Quitting smoking for good will reduce future risk of cancer, heart disease and many other health problems.
- You can save thousands of dollars.

Quit smoking and make a big difference to the success of your surgery and your future health:

- Better, faster healing
 - Less chance of infection
 - Less problems with anaesthesia

How to quit smoking before surgery

Support from Metro South Healthcare

Our Addiction Services offer free face-to-face counselling and advice to people who smoke in the Metro South area.

For more information or to make a booking please speak with our staff on:

Inala: (07) 32755300
Cleveland: (07) 38256060
Logan Central and Browns Plains: (07) 30894084



Support from Quitline

Quitline is a free phone-based counselling service

Calling Quitline will put you in touch with a trained Quitline counsellor. After talking to you, your Quitline counsellor will give you a stop-smoking plan and support you after you have quit. Most people have about six counselling sessions over the phone. You can discuss other supports including stop-smoking medication with the Quitline counsellor.

To contact Quitline **call 137848** or visit <http://www.quitnow.gov.au>. You can also download the 'My QuitBuddy' app on your smart phone to track your progress.

Other support options

You may also want to consult your GP or pharmacist for advice about medication that may improve your quitting success.

Disclaimer: The information contained in this brochure is intended to support not replace discussion with your doctor or health care professionals.

Acknowledgement

This brochure was adapted from StopBeforeTheOp Program. StopBeforeTheOp is an initiative of the Peninsula Health Service, Victoria.



Partnering with Consumers - This patient information brochure supports National Safety and Quality Health Service Standard 2 (2.4.1) Consumers and/or carers provided feedback on this patient information.

Date created: April 2016
Review date: April 2019



Queensland
Government