



WHY IS IT IMPORTANT TO STOP SMOKING BEFORE MY SURGERY?

- ▶ Smokers who undergo surgery have more than twice the rate of complications compared with nonsmokers.
- ▶ Those who smoke have an increased chance of:
 - ◆ surgical site infections
 - ◆ sepsis (blood infection)
 - ◆ pneumonia
 - ◆ heart attack
 - ◆ stroke
 - ◆ delayed or inadequate healing of bone and tissue (essential after your surgery)

HERE'S SOME GOOD NEWS!

- ▶ If you quit smoking as soon as three to four weeks before surgery, it has been shown to decrease your chances of having complications.
- ▶ With each smoke free day, your risk of heart attack decreases. For every tobacco free week after four weeks, your chances of healing increase by 19 percent!
- ▶ If you are concerned about how your smoking will impact the outcome of your surgery, speak to your doctor about medical and therapeutic options that may help you quit.

THERE IS FREE HELP OUT THERE:

Nicotine cessation coaching and medication are free via many programs, which can double or triple your chances of quitting for good.

To find out more about personal coaching and other options free of charge, refer to the following:

Hotlines:

1-800-QUIT-NOW

Text QUITNOW to 333888 (free text support)

1-855-372-0040 (phone and online programs)

Websites:

www.lifespan.org/centers-services/behavioral-medicine-clinical-services/smoking-cessation-counseling

www.quitlogix.org

www.smokefree.gov

www.ycq2.org – for U.S. military service members

Apps:



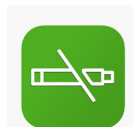
quitSTART



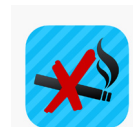
Smoke Free



Quit Guide



Quit Vaping



Quit It Lite