



Stop smoking before your op and get well sooner

If you are waiting for an operation it's very important you stop smoking as soon as possible. Smoking greatly increases your risk of complications during and after surgery. You can reduce this risk by stopping smoking as soon as possible before your surgery.

You are strongly advised to use this opportunity to stop smoking for good.

Why you should stop smoking before your operation

With help and support, you may find it easier than you thought to stop. Smoking is addictive and it is the nicotine that makes it addictive. However, you can get lots of different types of Nicotine Replacement Therapy (NRT) to help you manage your withdrawal symptoms. As well as NRT, there are other products available on prescription that can help you go smokefree, such as Zyban and Champix. You can also buy electronic cigarettes from many high street retailers or pharmacies.

Does stopping smoking before a planned operation do any good?

There is good evidence that stopping smoking before your operation:

- **Reduces** lung, heart and infectious complications.
- **Reduces** bone healing time for fracture repair after fracture.
- **Reduces** length of stay in hospital.
- **Reduces** anaesthesia related complications.
- **Decreases** wound healing time. The wound cannot heal as effectively if you smoke, as not only is there a reduced blood flow, but a lower level of oxygen in the blood.
- **Reduces** breathing problems. (If you smoke you have a one in three risk of post operative breathing problems. This can be reduced to one in ten if you stop smoking eight weeks before the operation.)

What FREE help is available?

There are a range of different methods to help you become smokefree:

- 1 Your **GP Practice** may have a registered Stop Smoking Advisor who can help you to stop smoking. Ask for further information at your GP Practice.
- 2 Contact your local **Stop Smoking Service** – Smokefreelife North Yorkshire – 01609 663023 or **text QUIT to 66777** for free group or one-to-one help and advice from trained experts. Let them know that you are going to have an operation so they can give you priority.
- 3 Ask your local **Pharmacist** if they have a trained Stop Smoking Advisor you can see for free one-to-one help and support.
- 4 Contact **Smokefree NHS** who are always there to give free advice, help and support. Sign up by visiting www.nhs.uk/smokefree choose from an app, quit kit, email, SMS and face-to-face guidance. Or call the **free helpline 0300 123 1044**.



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By stopping smoking you can get back to normal life faster, save money, be more active with your family and have better health long into the future.

If you would like this document in a different format, please contact HRW CCG on 01609 767600

The health benefits of quitting smoking start almost immediately and are evidence based.

20 mins	Reduction in blood pressure, pulse rate, and normalisation of temperature of hands and feet.
8 hours	Nicotine levels in blood have fallen by over 90%.
12-24 hrs	Normalisation of oxygen (12hrs) and carbon monoxide levels (24 hrs) in the blood.
48 hours	Sense of smell and taste is noticeably improved.
72 hours	Now 100% nicotine-free. Improvement in breathing.
2 weeks to 3 months	Risk of heart attack begins to fall and lungs begin to improve.
3 weeks to 3 months	Decrease in respiratory symptoms (cough and breathlessness).
1 year	Excess risk of heart attack and stroke decreased to less than half that of a smoker.
5 to 15 years	Heart attack and Stroke risk has declined to that of a non-smoker.
10 years	Risk of being diagnosed with lung cancer decreases to between 30% and 50% of that for a continuing smoker. Risk of death from lung cancer has declined by almost half for an average smoker (one pack per day). Risk of pancreatic cancer has declined to that of a non-smoker, while risk of cancer of the mouth, throat and oesophagus has also declined. Risk of developing diabetes is now similar to that of a never smoker.
13 years	Risk of smoking-induced tooth loss has declined to that of a non-smoker.
15 years	Risk of heart attacks is now that of a person who has never smoked.
20 years	Excess risk of death from all smoking related causes, including lung disease and cancer, has now reduced to that of a never smoker. Risk of pancreatic cancer reduced to that of a never-smoker

Patients with Long-Term Conditions

For diabetic patients stopping smoking

- Decreases the risk of developing heart disease
- Slows the progression of renal disease

For cancer patients stopping smoking

- Improves the outcomes for surgery for lung cancer as well as increasing the overall survival and decreasing recurrence of non-small cell lung cancer.
- Increases responsiveness to radiotherapy for head and neck cancers, and increases survival.
- Reduces the risk of recurrences and improves overall survival in bladder cancer.

For asthma patients stopping smoking

- Improves lung function, reduces symptoms, medication use and improves quality of life.
- Improves the efficacy of corticosteroids as treatment.
- Decreases hospital admissions and near fatal exacerbations.

For COPD patients stopping smoking

- Slows down the progression of disease and may lead to a return in normal levels of FEV1 decline.
- Reduces exacerbation, and may extend their life expectancy at whatever stage they quit.

For cardiovascular patients stopping smoking

- Decreasing the risk of death due to all causes after an MI by 36% and by 21% in patients with heart failure.
- Decreases re-hospitalisation and mortality following acute coronary syndrome.
- Decreases the risk of re-stenosis after angioplasty.

Other benefits of stopping smoking include

- Protecting the health of family and contacts by reducing their exposure to second-hand smoke.
- Reduce risk in children from bronchitis, pneumonia, asthma attacks, meningitis and ear infections.
- Currently, a 20-a-day smoker of a premium cigarette brand will spend about £2,600 a year on cigarettes.