

STOP BEFORE YOUR OP



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WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Information for Patients

If you are due to have surgery, the sooner you stop smoking before your operation the better.

Stopping smoking before your operation has many benefits, including reducing your risk of a wide range of complications and improving your recovery and outcomes.

Support to Stop Smoking

We know how hard it can be to give up smoking, but when you're ready to stop you don't have to go it alone.

There is lots of free support available if you would like to stop smoking for your operation as a short term goal, or if you are thinking of stopping smoking for good. Research has shown you are four times more likely to quit with a support programme than in any other way. You can access services for free, as described on the next page.

Support to Stop Smoking

Join the thousands of smokers in Wales getting FREE NHS support and nicotine replacement products to quit smoking with Help Me Quit, the NHS stop smoking service in Wales.

Help Me Quit are with you every step of the way of your smoke-free Journey. Support is available face to face or over the phone. If you would like to see an advisor in person you can choose from a number of locations that include community pharmacies, GP practices and community venues.

Expert advisors will provide you with:

- Behavioural support
- Access to FREE stop smoking medication
- Hints and tips on how to deal with cravings
- Weekly sessions to see how you are getting on



You can get support to quit by:

Calling **0800 085 2219**

Visiting: **www.helpmequit.wales**

Texting **HMQ to 80818** to get a call back

Hospital Smoking Cessation Service (Hospital-based support)

Telephone: **029 218 43582**

Email: **Helen.Poole@wales.nhs.uk**

Smoking and Surgery

Smoking and surgery carries increased risks.

During the operation, people who smoke

- are more likely to need a higher dose of anaesthesia than people who do not smoke
- have decreased blood oxygenation, leading to decreased oxygen delivery to tissues
- are more likely to suffer complications.

Post-operation, people who smoke

- are more likely to suffer complications
- have an increased risk of chest infections and breathing problems
- have an increased risk of blood clots in legs or lungs
- have a higher risk of lung and heart complications
- have a higher risk of infection
- have slower healing of wounds
- are more likely to be admitted to an intensive care unit
- are more likely to have a longer hospital stay.

Health Benefits of Stopping Smoking

Stopping smoking before your operation will have many health benefits. These include:

- a reduced risk of complications
- a shorter stay in hospital
- faster recovery
- less chance of infection
- improved circulation.

There are also long term benefits of quitting smoking such as reduced risk of lung cancer and heart disease.

Smoke Free Hospitals

It is against the Law to smoke on hospital grounds in Wales. Smoking on hospital sites in Cardiff and Vale University Health Board could result in a Fixed Penalty Notice of £100.

