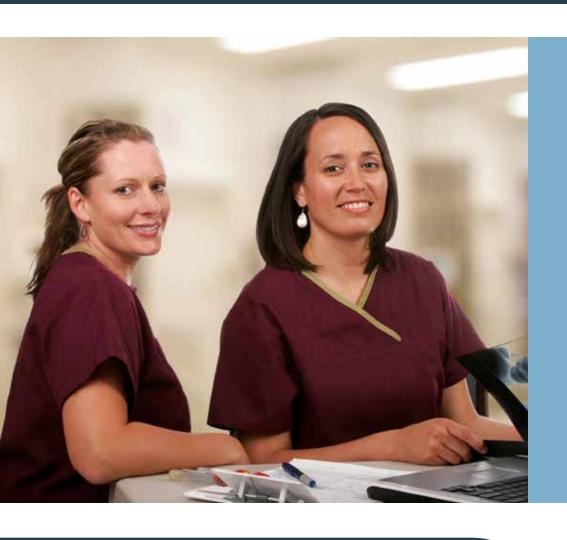
## Are You Having Surgery? Do You Use Tobacco?



STAYING
TOBACCO-FREE
6 to 8 weeks before
surgery will help
you heal and
reduces your risk
of complications

## By Quitting Before Surgery

- Experience fewer complications when under anesthesia during surgery.
- · Wounds will heal more quickly.
- Surgical wounds are less likely to get infected.
- Decreased risk of lung and chest infection after surgery.
- Reduced length of hospitalization.
- Chances increase for long-term success with smoking cessation.

- Talk to your health care provider such as a doctor, pharmacist or counsellor—about proven ways to help you quit.
- Try a quitting aid, such as Nicotine Replacement Therapy (NRT) or stopsmoking medication. Call 8-1-1 to register for the BC Smoking Cessation Program, to access free NRT or get information on subsidized stop smoking medication.
- Contact the BC Smoking Cessation Program: www.health.gov.bc.ca/ pharmacare/stop-smoking

For support and services, contact Quitnow.ca | Visit: www.quitnow.ca or call Health Link 8-1-1 For more information visit: www.TobaccoEd.org



