

# ATTENTION SMOKERS

IMPORTANT INFORMATION ABOUT WHY YOU SHOULD  
STOP SMOKING FOR SAFER SURGERY

## WHY SHOULD YOU STOP SMOKING BEFORE SURGERY?

### SMOKING DAMAGES YOUR LUNGS.

This puts you at increased risk of having breathing problems after your anesthetic. The results may range from needing drugs to reduce wheezing, to being put on a breathing machine in Intensive Care.

**Quitting smoking a few weeks before surgery allows your lungs to start healing and reduces this risk.**

### SMOKING PUTS YOUR HEART AT RISK.

Cigarette smoke contains poisons that put your heart at risk. Inhaling carbon monoxide, which is present in every cigarette, reduces the amount of oxygen that blood can carry to your heart and vital organs. Nicotine makes your heart beat harder and faster. Together they can put you at risk of a heart attack.

**Stopping smoking for even a few hours allows your body to get rid of these poisons.**

### SMOKING AFTER SURGERY MAKES IT HARDER FOR YOUR BODY TO HEAL AND INCREASES THE RISK OF INFECTIONS.

A decrease in the amount of oxygen getting to the site of your surgery makes it more difficult for the normal healing process to work. This decreases your ability to fight infection, increases the risk of wound infection. It may even reduce your chance of having a successful operation.

**Continuing not to smoke after surgery helps in healing and preventing infection.**

### IT IS EASIER TO QUIT SMOKING WHEN YOU ARE HAVING SURGERY.

It is always easier to quit smoking when you are away from your normal routines. The hospital is a non-smoking area, so you will not be able to smoke while in the hospital. While you are in hospital you can get help to quit smoking from medical professionals, and the risk of withdrawal symptoms is less if you quit while in hospital.

**Medical staff at the hospital are there to help you quit.**

### QUITTING SMOKING REDUCES YOUR RISK OF RETURNING TO THE HOSPITAL.

After six months lung function improves by 10%. After one year the risk of having a heart attack drops 50%. After ten years the risk of getting lung cancer drops 50%.

**Stopping smoking is always the sensible thing to do.**

NOW IS THE RIGHT TIME FOR YOU TO STOP SMOKING,  
AND YOUR DOCTORS ARE HERE TO HELP

For more information, please visit our website at  
[StopSmokingForSaferSurgery.ca](http://StopSmokingForSaferSurgery.ca) or phone the  
Smokers' Helpline toll-free at  
1-877-513-5333

*"Stop Smoking for Safer Surgery" is an initiative supported across the province by Ontario's Anesthesiologists.*

