

**STOP
BEFORE
YOUR
OP**

Stop before your op and get well sooner

Stopping smoking at any time is the best thing that you can do for your health and your family.



Quitting before your hospital stay can speed up your recovery and reduce the risk of complications.

Planning your quit now will make it easier to manage your stay in a smokefree hospital.

Does stopping smoking before an operation do any good?

If you are a smoker, it is very important that you try and stop smoking before surgery.

Stopping smoking before your operation:

Reduces the risk of lung and heart complications and infections.

Reduces the time it takes for bones to heal after a repair.

Reduces the length of stay in hospital.

Reduces complications due to anaesthetic.

Decreases wound healing time.

Reduces breathing problems.

There will never be a better time to quit.

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.

What is the best way to stop?

You are much more likely to quit successfully with the help of our NHS Stop Smoking Service. It is the combination of stop smoking medicine and support to change your smoking habits that makes quitting easier, more effective and enjoyable.

Call North Yorkshire NHS Stop Smoking Service on 0300 303 1603 for an appointment local to you or speak to your GP.

If you do not feel ready to quit, speak to your GP about how to reduce the risks before surgery.

If you would like this document in a different format, for example large print, audio cassette/CD, Braille or in another language, please contact 01423 799300

For more information, visit www.harrogateandruraldistrictccg.nhs.uk/stop