

# Stop For Your Op

## Become Smokefree before your surgery



Phone: 0800 425 700

Web: [www.stopsmokingcanterbury.org.nz](http://www.stopsmokingcanterbury.org.nz)

Te Hā - Waitaha Stop Smoking Canterbury offers **free** tailored stop smoking support to anyone in Canterbury. Free nicotine replacement patches, gum and lozenges are available.

Studies have shown better outcomes when patients stop smoking before surgery, including much lower rates of wound infection, cardiovascular complications, reduced hospital stay and lowered need for repeat surgery.

### How long before your operation should you stop?

You should aim to be smoke and vape free for as long as possible prior to your surgery.

The earlier you stop the better, but shorter periods of smokefree time can still help.

Here are some of the benefits of quitting smoking:

- Within 6 to 8 weeks lung function is improved, blood is less sticky and thick and blood flow improves. Your response to anaesthetic drugs will also improve.
- Within 3 weeks wound healing has begun to improve.
- Within 1 day delivery of oxygen to cells is improved.
- Remaining smokefree after your surgery is the best thing you can do for your health. It is important you do not start smoking again, even if you only quit just before surgery. Allow your body time to recover and heal properly.

**Remember** to tell your surgeon and anaesthetist if you are currently smoking or vaping.

Contact Te Hā - Waitaha if you wish to quit:  
0800 425 700 or [www.stopsmokingcanterbury.org.nz](http://www.stopsmokingcanterbury.org.nz)

### No smoking or vaping during your hospital stay

Canterbury DHB has a smoke and vape free policy so you will not be able to smoke or vape anywhere on hospital grounds. Even if you do not intend to quit smoking permanently, it is a good idea to get used to managing withdrawal symptoms before you are admitted to hospital. Contact the service or see your GP for support.

### Need further information?

Go to the Canterbury DHB website for information about hospital and specialist services ([www.cdhb.health.nz](http://www.cdhb.health.nz)).