



Quitline 13 7848

or text 0477 765 007 for a callback

The following people can also offer quit support:

- Doctor or GP
- Nurse
- Pharmacist
- Aboriginal Health Practitioner / Worker
- Tackling Indigenous Smoking Educator
- Family and friends



AHCWA

In association with
Aboriginal Health Council
of Western Australia



Government of **Western Australia**
Department of Health

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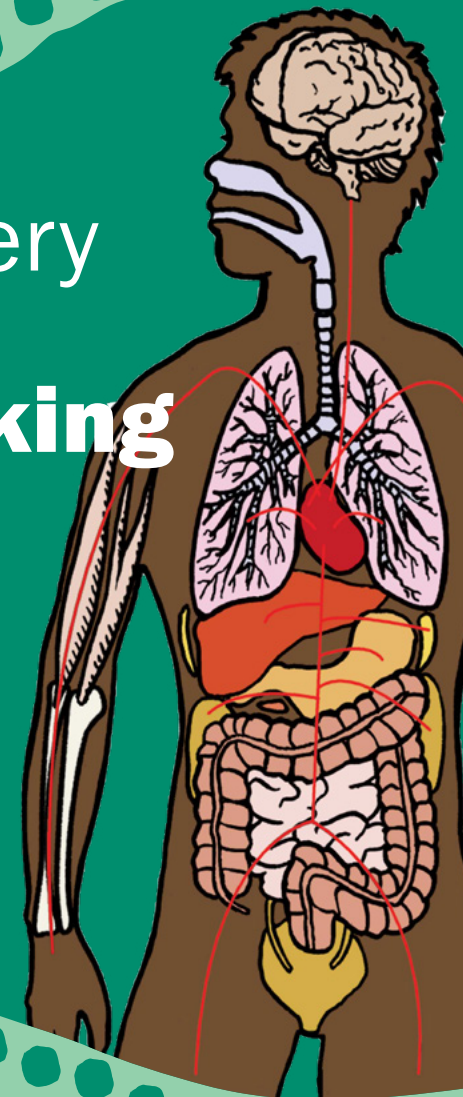
Good reasons to stay quit after surgery

- Your breathing will get better
- Your blood will circulate better
- You will start to feel better
- You will reduce the risk of infections, gangrene, blood clots, blocked arteries, heart attack, cancer or stroke
- You will heal quicker, may get home sooner and have a better chance of staying out of hospital.



Quitline
Aboriginal
Liaison Team

Surgery and smoking



Why quit before surgery?

The more smoke free time you have before surgery the greater the health benefits for you.

This is because smoking increases the risk of problems during and after your surgery.

Quitting smoking may mean less time in hospital, faster recovery, and less risk of complications.



Why does smoking cause risk?

- Smoking narrows airways and increases mucus which can make it harder for you to breathe
- Nicotine makes your heart work harder by increasing heart rate and blood pressure
- The carbon monoxide from the burning cigarette competes with the oxygen levels in your blood
- Chemicals in cigarette smoke make your blood thicker and stickier. This makes it more likely to clot.

What to do if you haven't quit before surgery

The people looking after you want to make your stay in the hospital safe and comfortable.

If you are worried about going without smokes ask an Aboriginal Liaison Officer, nurse or doctor about Nicotine Replacement Therapy.

Benefits of quitting before surgery

- You will have a faster recovery
- Your wounds will heal more quickly
- Your blood will be able to carry more oxygen around your body faster
- You will decrease your risk of getting an infection

