

STOP



BEFORE YOUR OP

Information for Patients

If you are due to have surgery, the sooner you stop smoking before your operation the better.

Stopping smoking before your operation has many benefits, including reducing your risk of a wide range of complications and improving your recovery and outcomes.

Support to Stop Smoking

We know how hard it can be to give up smoking, but when you're ready to stop you don't have to go it alone.

There is lots of free support available if you would like to stop smoking for your operation as a short term goal, or if you are thinking of stopping smoking for good. Research has shown you are four times more likely to quit with a support programme than in any other way. You can access services for free, as described on the next page.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Support to Stop Smoking

The NHS provides a free service to help you stop smoking. You can choose whether to access this service in your local community or in your hospital. It is up to you to decide which service you prefer to access. Both services provide the same level of support which includes:

- individual or group support
- one session per week for several weeks
- delivered by trained advisors
- support to plan and prepare to quit
- setting a quit date
- on-going support to quit
- information about nicotine replacement therapies.



Stop Smoking Wales (Community-based support)

Freephone: **0800 085 2219**

Website: **www.stopsmokingwales.com**

Hospital Smoking Cessation Service (Hospital-based support)

Telephone: **02920 743582 (UHW)**
02920 715420 (Llandough)

Email: **Helen.Poole@wales.nhs.uk**

Please contact the service on the details above for more information or to arrange an appointment with an advisor.

Alternatively, some GP Practices offer smoking cessation support, ask your GP if they are part of the Cardiff and Vale University Health Board (UHB) approved providers.

Smoking and Surgery

Smoking and surgery carries increased risks.

During the operation, people who smoke

- are more likely to need a higher dose of anaesthesia than people who do not smoke
- have decreased blood oxygenation, leading to decreased oxygen delivery to tissues
- are more likely to suffer complications.

Post-operation, people who smoke

- are more likely to suffer complications
- have an increased risk of chest infections and breathing problems
- have an increased risk of blood clots in legs or lungs
- have a higher risk of lung and heart complications
- have a higher risk of infection
- have slower healing of wounds
- are more likely to be admitted to an intensive care unit
- have an increased risk of dying in hospital
- are more likely to have a longer hospital stay.

Health Benefits of Stopping Smoking

Stopping smoking before your operation will have many health benefits. These include:

- **a reduced risk of complications**
- **a shorter stay in hospital**
- **faster recovery**
- **less chance of infection**
- **improved circulation.**

There are also long term benefits of quitting smoking such as reduced risk of lung cancer and heart disease.

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Smoke Free Hospitals

Cardiff and Vale University Health Board (UHB) is committed to the health and wellbeing of its staff, patients and visitors.

Please be aware that Cardiff and Vale University Health Board is a smoke free organisation. Smoking is not permitted in any Cardiff and Vale UHB hospital or grounds.

