



Kernow

Clinical Commissioning Group

We all know that smoking is bad for our health

Smoking also greatly **increases the risk of complications** during and after surgery.

You can reduce this risk if you stop smoking as early as possible before your operation.

A minimum of eight weeks is recommended

Whatever your reason for a hospital stay, one of the most important things you can do to speed up your recovery is to **quit smoking**.

You won't be able to smoke whilst in hospital so you need to consider how you will manage this during your stay.

Why stop smoking?

Stopping smoking before your op:

- Reduces **lung and heart** complications
- Speeds up **bone and wound** healing time
- Reduces **length of stay** in hospital
- Reduces **anaesthetic** related complications
- Reduces **breathing problems**, such as chest infections



What free help can you get?

Quitting smoking can be difficult, but **you don't need to do it alone**.

Contact your local Healthy Lifestyle Service for free help and expert advice (details on the reverse of this leaflet).

Let them know that you are going to have an operation.

Smoking is addictive due to the nicotine in cigarettes, but you can get lots of different types of Nicotine Replacement Therapy (NRT) to help you quit.

As well as NRT, there are other products available on prescription from your GP that can help you go smoke free. You can also buy electronic cigarettes from many high street retailers or pharmacies.

Quitting before your op could be the start of a new Smoke Free you!

Stop before your operation and recover better

Smokers have a **one in three** risk of having breathing problems after an operation

This can reduce to **one in ten** if you stop smoking eight weeks before your operation

The path to your smoke-free future

You may think that the damage done by smoking is irreversible. In fact, **the longer you don't smoke, the more your body will recover from the damage smoking has caused.** Follow the path and see for yourself



IN 5 DAYS
Most of the nicotine leaves your system

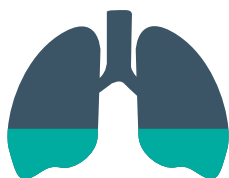
TIP
Keep reminding yourself why you're giving up. Make a list and read it when you need support

IN 8 HOURS
Excess **carbon monoxide** leaves your body



IN 1 WEEK
Your sense of **taste and smell** improves

IN 3 MONTHS
Your lung function has **increased by 30%**



IN 12 WEEKS
Your lungs regain the ability to **clean themselves**

TIP
Stay active – even a short walk – can help produce anti-craving chemicals

IN 12 MONTHS
Your risk of heart disease has **halved**



IN 1 YEAR
A pack-a-day smoker will **save over £2,000...**
... Enough perhaps for a holiday?

IN 5 YEARS
Your risk of having a stroke has **dramatically decreased**



So for a healthier you,



We're here to help

Cornwall

www.HealthPromCornwall.org

01209 615600

Devon

www.OneSmallStep.org.uk

0800 298 2654

One You Cornwall

www.OneYouCIOS.com

One You Plymouth

www.OneYouPlymouth.co.uk

01752 437177

NHS Smoking Helpline

www.SmokeFree.nhs.uk

0800 169 0 169



www.kernowccg.nhs.uk

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