

Quit for your life NOW

Ready to quit? You're up to four times more likely to succeed with help from Quit4Life than if you try and quit on your own - whether you use an Electronic cigarette, nicotine patches, gum or spray etc, or stop smoking medication as well.

To find out more about the Quit4Life service and how you can access our support:

- Visit: www.quit4life.nhs.uk
- Call: **0845 602 4663**
- Text: **QUIT to 60123**
and one of our advisers will call you back

Your life in Your hands



Quit4life
HAMPSHIRE
STOP SMOKING SERVICE

Quit for your life NOW

Quit4Life Hampshire Stop Smoking Service working in partnership with Hampshire County Council, West Hampshire Clinical Commissioning Group and North Hampshire Clinical Commissioning Group

Why do I need to quit smoking before a hospital admission?

If you are a smoker it is very important that you try to stop smoking before any form of surgical procedure.

Smokers often stay in hospital longer after an operation and have a higher risk of complications than non-smokers.

During an operation, smokers:

- have a higher risk of anaesthetic complications
- need more anaesthetic
- spend longer in the recovery room and need extra oxygen
- are more likely to have a heart attack or stroke.

After an operation, smokers:

- have a higher chance of chest infections
- are more likely to develop pneumonia
- have an increased healing and recovery time
- are more likely to be re-admitted to hospital with problems.

Hospital environments are completely smokefree, therefore you and your visitors will not be able to smoke whilst you are there... so it's an ideal opportunity to quit. Nicotine Replacement Therapy is available for in-patients who are still smoking so please ask on the ward.

If you live with someone who smokes it is also important that you return home to a smokefree environment in order to recover quickly and prevent re-admission.

When should I stop?

Ideally you should stop smoking **six to eight weeks** before your surgery as it takes six weeks for the lungs cleaning system to clear away phlegm and dirt. This makes chest infections and complications less likely.

But even stopping **24 to 48 hours** before your surgery will still make a difference as it will enable your blood to carry more oxygen, as well as improve your blood pressure and heart rate.

Even not smoking **on the day** of your surgery can reduce the chance of breathing difficulties or low oxygen levels during the operation.

You can do it!

It's never too late to quit smoking! It takes willpower to quit and there will be tough moments. Remember to get the best support to help you (contact Quit4Life), breathe deeply, drink lots of water, stay busy, ride out the urge, and you'll soon realise that you CAN succeed.

Quit to live well for longer

A recent study found:

- Smokers who quit between the ages of 35 to 44 gained 9 years of life
- Smokers who quit between the ages of 45 to 54 gained 6 years of life
- Smokers who quit between the ages of 55 to 64 gained 4 years of life*

9
years

6
years

4
years

* Source: Jha, P, et al., "21st Century Hazards of Smoking and Benefits of Cessation in the United States," New England Journal of Medicine, 368;4, January 2013