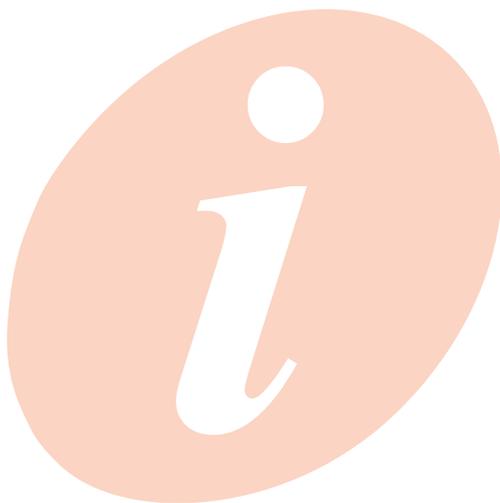


Stop before your op!

Information, help and advice on stopping smoking for people having surgery

Information for patients Smoking Cessation



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Advice and guidance

We ask that you stop smoking before your operation as continuing to smoke will increase any risks following surgery. Research shows that people who stop smoking have a shorter recovery period following an operation.

As part of the process of checking your fitness for surgery (Pre-operative assessment) we will offer you help with stopping smoking and make a referral to the Smoking Cessation service in Sheffield. We strongly advise you to take advantage of this offer of help.

How will stopping smoking help me?

Smokers who quit before their surgery:

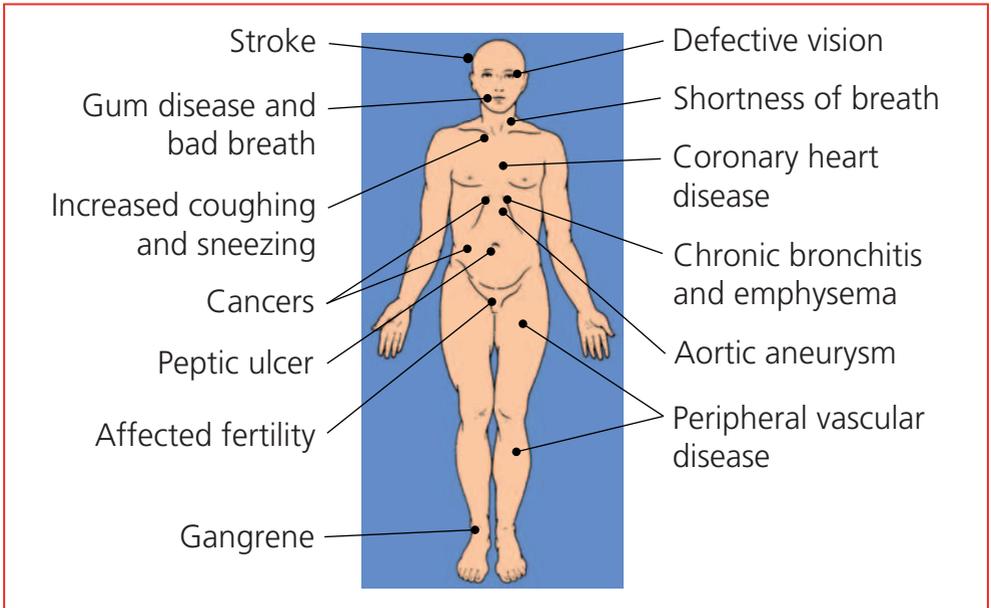
- Have very significantly reduced risks from their operation of overall complications
- Have a smaller chance of complications from the anaesthetic
- Have a lower risk of chest infections after surgery
- Are less likely to develop deep vein thromboses after surgery
- Need to spend less time in recovery
- Need less extra oxygen
- Heal more quickly
- Tend to have a shorter stay in hospital before being discharged

One study found that overall complications were reduced to 10% in patients who had stopped smoking before their knee or hip operation, compared with 44% of those who continued to smoke.

Cutting down the number of cigarettes you smoke does not bring any of these benefits. You need to stop completely.

Why does smoking put me at more risk?

Smokers' health is generally poorer than that of non-smokers. This is hardly surprising, given that smoking is known to play a part in many different diseases.



Cigarettes also contain over 4000 chemicals many of which are poisonous. These include:

- **Carbon monoxide** - a gas found in car exhaust fumes
- **Ammonia** - found in cleaning products
- **Acetone** - ingredient of paint stripper and nail varnish remover
- **Benzene** - found in petrol fumes
- **Sulphuric acid** - used in fertilisers and explosives
- **Hydrogen cyanide** - a deadly poison
- **Formaldehyde** - used to preserve dead bodies

Over 40 of the chemicals in cigarettes are known to cause cancer.

Isn't it too late to stop now?

No, it is never too late, but the earlier you stop the better.

All hospital departments are able to refer you to the Yorkshire Smokefree Service. You can also contact them directly:

- **0800 612 0011** (free from landlines)
- **0330 660 1166** (free from mobiles)
- **www.yorkshiresmokefree.nhs.uk**

Smoker's guide to coping in hospital

If you think you might have problems stopping and are worried you won't cope in hospital without your cigarettes, try using some of the advice that we give below:

- Do not take cigarettes and lighters into hospital
- Avoid taking in clothes that smell of smoke
- Ask family and friends not to smoke before visiting
- Do something to take your mind off smoking for instance reading, knitting or doing crosswords
- Have a bottle of drinking water close to hand
- Switch to a different drink like orange juice, if you usually have a cigarette with your tea or coffee
- Have healthy snacks like fruit or vegetables close to hand
- Use nicotine replacement treatment like patches or gum to help you manage without smoking

Alternative formats can be available on request.

Please email: **sth.alternativeformats@nhs.net**

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