



How to

STOP before your STOP

A fantastic reason to try.



SMOKEFREE

## Now that you are due to have an operation it is very important that you stop smoking.

It is recommended that if possible people stop smoking at least **eight** weeks prior to surgery but quitting anytime beforehand is beneficial.

Smoking can delay your recovery from an operation – it increases your risk of complications eg:-

- Increased risk of blood clotting
- Heart and circulation problems
- Reduced bone healing after fracture
- Delayed wound healing
- Breathing problems
- Longer hospital stay

## How does smoking cause these risks?

Nicotine in tobacco increases your heart rate and blood pressure every time you smoke. As a result your heart works harder and needs more oxygen. Carbon monoxide in tobacco smoke competes with oxygen in your blood. Smokers can have around ten times more carbon monoxide in their blood. This makes it harder to get enough oxygen to your heart and body.

### Carbon monoxide leaves the body within 24hrs of stopping!

Chemicals in tobacco make the blood thicker, stickier and more likely to clot. Tobacco smoke can paralyse the tiny hair-like cilia in the lungs which keep them clear. Smokers may have mucus in their lungs and narrower airways. The airsacs in the lungs are more likely to collapse, making it harder to breathe.

### Stopping smoking 8 weeks before greatly reduces these risks!

In some types of surgery the skin at the site of surgery is more likely to die if you smoke. Generally smokers have more wound infections and problems with scarring **compared to those who have stopped smoking for 6 weeks!**

## How to stop smoking

Using Nicotine Replacement Therapy (NRT), Champix or Zyban will **double** your chances of stopping successfully. The nicotine in tobacco makes it addictive. If it was not addictive you would probably have given up before now.

NRT is a safe, clean way of getting nicotine which reduces withdrawal symptoms and weans you off nicotine slowly. It is available via a voucher from your local stop smoking service or over the counter.

Champix is a non-nicotine oral treatment that is designed to block the rewards and reduce craving from cigarette smoking. It is a prescription only medication and your GP will decide if it is suitable for you.

Zyban is also a non-nicotine oral treatment. It is thought to interact with the neuro-chemicals in the brain that are involved in nicotine addiction. It is also a prescription only medication and your GP will decide if it is suitable for you.

## Preparing to stop

You are **four** times more likely to stop smoking if you get support from your NHS Stop Smoking Service.

It can help if you:

- Set a date to stop
- Find other reasons to stop
- Get rid of cigarettes, cigars or tobacco (making it harder to give into temptation in a moment of crisis)
- Take one day at a time
- Find other ways to relax
- Work out when and where you usually smoke and think of ways to plan to manage these situations



For advice contact:

Stop Smoking Advisor for  
the Countess of Chester  
Hospital:

Phone: 01244 364701  
Mobile: 07765 243431

For information on  
other local services:

Freephone: 0800 043 5134

Visit: [www.quit4good.org](http://www.quit4good.org)  
Text: quit4good to 60777  
Email: [quit@quit4good.org](mailto:quit@quit4good.org)

Other useful websites:

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)  
[www.seriousquitters.co.uk](http://www.seriousquitters.co.uk)

This document can be made available in a range of alternative formats including various languages, large print, Braille and audio cassette. To discuss your requirements please ring 01244 650368

Nëse keni pyetje ose komente në lidhje me këtë informacion ose dëshironi t'a keni atë të përkthyer në gjuhën tuaj, ju lutemi telefononi në 01244 650368. Ju lutemi thoni emrin e gjuhës tuaj tre herë, së bashku me numrin tuaj telefonik. Ne do të marrim masa që një përkthyes përmes telefonit t'ju telefonojë juve.

**Albanian**

إن كان يوجد لديك أي أسئلة أو ملاحظات حول هذه المعلومات أو إذا أردت ترجمة لها في لغتك الخاصة، يرجى الاتصال بالرقم 01244 650368. نرجو أن تعطي أسم لغتك ثلاثة مرات سوية مع رقم هاتفك. سوف نقوم بعد ذلك بالطلب من مترجم ليعيد الاتصال بك.

**Arabic**

আপনার যদি এই তথ্য সম্পর্কে কোন প্রশ্ন অথবা অভিমান থাকে অথবা সেটা যদি আপনার মাতৃভাষায় অনুবাদ করানো চান তাহলে অনুগ্রহ করে 01244 650368 নম্বরে টেলিফোন করুন। আপনার টেলিফোন নম্বর বলায় ও আপনার ভাষার নাম তিনবার অনুগ্রহ করে বলুন। আপনাকে পুনরায় ফোন বা কল ব্যাক করার জন্য আমরা একজন দোভাষীর ব্যবস্থা করবো।

**Bengali**

如果你對本資訊有任何疑問或意見，或者你希望將它翻譯成你的母語版本，請致電 01244 650368。請在電話中說明你所需的語言，以及你的電話號碼（請重複表述三次）。我們會在回復你的電話時安排電話口譯服務。

**Cantonese**

જો તમને આ માહિતી વિષે કોઈ પ્રશ્નો અથવા ટીકા-ટિપ્પણો હોય અથવા તમારી પોતાની ભાષામાં તેનો તરજૂમો કરવામાં આવે તેવી ઇચ્છા હોય તો, કૃપા કરી 01244 650368 ઉપર ટેલિફોન કરો. કૃપા કરી તમારી ભાષાનું નામ સ્પષ્ટ વખત જણાવી, તેની સાથે તમારો ટેલિફોન નંબર આપશો. અમે ટેલિફોન ઇન્ટરપ્રિટર સાથે તમને વળતો જવાબ આપવાની ઓફર કરીશું.

**Gujarati**

Just this information if you have any questions or views, or if you wish to have it translated into your mother tongue, please call 01244 650368. Please state the language you need in the phone, and your phone number (please repeat three times). We will arrange telephone interpretation services when we reply to your phone call.

**Mandarin**

Jeżeli masz jakieś pytania lub komentarze dotyczące tych informacji lub potrzebujesz otrzymanie je przetłumaczone na własny język, prosimy o zatelefonowanie pod numer: 01244 650368. Prosimy o trzykrotne wypowiedzenie nazwy swojego języka oraz podanie numeru telefonu. Zamówimy tłumacza, który do Ciebie oddzwoni.

**Polish**

ਜੇਕਰ ਇਸ ਜਾਣਕਾਰੀ ਦੇ ਬਾਰੇ ਤੁਹਾਡੇ ਕੋਈ ਸੁਆਲ ਹਨ ਜਾਂ ਕੋਈ ਟਿੱਪਣੀ ਹੈ ਜਾਂ ਤੁਸੀਂ ਇਸ ਦਾ ਤਰਜਮਾ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਕਰਵਾਉਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 01244 650368 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ। ਕਿਰਪਾ ਕਰਕੇ ਆਪਣੀ ਭਾਸ਼ਾ ਦਾ ਨਾਂ ਆਪਣੇ ਟੈਲੀਫੋਨ ਨੰਬਰ ਦੇ ਨਾਲ ਤਿੰਨ ਵਾਰ ਲਵੋ। ਅਸੀਂ ਟੈਲੀਫੋਨ ਦੁਆਰਾ ਵੱਲੋਂ ਤੁਹਾਨੂੰ ਫੋਨ ਕਰਵਾਉਣ ਦੀ ਵਿਵਸਥਾ ਕਰਾਂਗੇ।

**Punjabi**

اگر اس معلومات سے متعلق آپ کے سوالات ہیں یا آپ کی کوئی رائے ہے یا آپ اس کا اپنی زبان میں ترجمہ کروانا چاہتے ہیں تو براہ کرم ہمیں 01244 650368 پر ٹیلی فون کریں۔ اپنی زبان کا نام اپنے ٹیلی فون نمبر کے ساتھ تین بار کہیں۔ ہم ٹیلی فون مترجم کے ذریعہ آپ کو ٹیلی فون کروانے کا انتظام کریں گے۔

**Urdu**