

SMOKING AND SURGERY

YOUR QUIT JOURNEY STARTS TODAY.



I'm having surgery and my doctor wants me to quit smoking. Why should I quit?

Quitting smoking one to two months prior to surgery can significantly lower the risk of complications. Smoking puts you at a higher risk of developing complications after your surgery. These could include heart attacks, stroke, blood clots, infections, pneumonia, and even death. Smoking decreases the amount of oxygen that reaches the cells in your surgical wound which results in slower healing times and an increase in your chances of infection.

Anesthesiologists have to work harder to keep smokers breathing while under surgery because their lungs don't work as well. If you smoke, you are 17% more likely to die during surgery. You are also more likely to need a ventilator, a machine that helps you breathe, after surgery.



Reach out today, for all the help you need to stop smoking.

Call 1-800-Quit Now (1-800-784-8669)

Connect online at QuitNowVirginia.org

Text READY to 34191

My surgery is scheduled in less than a month. Would it still be helpful for me to quit?

The sooner you quit smoking before surgery, the better. With each passing smoke-free day, your overall risk of complications goes down. Quitting 12 hours before surgery improves your oxygen level and blood pressure.

Quitting two weeks before surgery results in fewer breathing problems during surgery. Quitting three weeks before surgery helps improve wound healing.

Quitting smoking after surgery has many benefits

Staying quit after surgery will improve recovery time and continue to decrease the risk of complications. It will also help with wound healing. The risk of pneumonia will be lower and your recovery will be faster. If you stay quit, improved blood flow will make your surgical site less likely to become infected. Quitting smoking is the best thing you can do for your overall health and it is not recommended that you return to smoking after surgery.

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Tobacco Control Program

Quit Now
Virginia