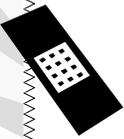




# TIPS FOR PEOPLE WHO SMOKE AND ARE HAVING SURGERY



## FOLLOW THESE TIPS FOR A MORE SUCCESSFUL SURGERY

- Plan to quit smoking at least 4-6 weeks before surgery to decrease the chance of problems during and after surgery.
- Eat a healthy, low-fat diet so you won't gain weight, and your body gets the important nutrients it needs to heal.
- Exercise daily to prepare for your surgery. It will help control weight gain and clear your lungs.
- Drink plenty of water.
- Make a plan to stay quit from smoking and practice a healthy lifestyle to improve your healing process.



***For help to quit smoking call:***

*CA Smokers Helpline at 1-800-NO-BUTTS*

*American Lung Assoc. serving the Greater Bay Area*

*510-893-5474 ext 375*

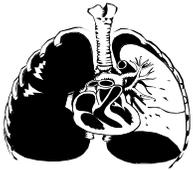
*and ask for local referrals to quit.*



**Smoking cigarettes often leads to complications during surgery and anesthesia. If you are planning to have surgery, consider quitting smoking 4-6 weeks before.**

**Smoking increases risk of surgery complications in your lungs and heart, your incision, and slows the healing process.**

# WHY?



- Smoking increases mucous and coughing making it harder to receive the anesthetic. People who smoke will also require more anesthetic.

- Smoking causes your airways to be tighter so the lungs can't get rid of excess mucous. This can cause greater risk of lung infection or pneumonia after surgery.



- Nicotine increases blood pressure and heart rate.
- Poisonous Carbon Monoxide (car exhaust) in cigarette smoke decreases the amount of oxygen in the blood going to your heart, lungs, brain and the rest of your body.
- Smoking increases the risk of complications after bypass heart surgery. Smoking decreases blood flow to the heart and coronary arteries. Continuing to smoke after heart surgery results in twice the risk of chest pain and heart attack within 1-5 years after surgery.
- Smoking causes poor circulation in the legs. This results in 3 times the risk of failure for leg vein graft surgery.

- Smoking weakens your immune system. This can increase the risk of wound infections and slows the healing process.



- Smoking causes complications in the kidneys, stomach and intestines.
- Smoking also slows down the healing of muscles and bones.



Adapted from Smoking and Surgery: a review for Surgeons and anesthesiologists. BMA Tobacco Control Resource Center 2006.

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