

## Counselling

You can get support and advice through:

- **Quitline** - free telephone counselling.
- **Smoking Cessation Nurses** - If you are a patient in a major hospital ask if you would like to see a specialist nurse or find a support group.
  - North - phone **6777 4488**
  - Northwest - phone **6478 5251**
  - South - phone **6166 6835**
- **No More Butts** support group. Ask the Smoking Cessation Nurse for more details about what is available.
- **My QuitBuddy** App
- **Online:** [www.quittas.org.au](http://www.quittas.org.au)  
[www.smokefree.den.org.au](http://www.smokefree.den.org.au)

### Need help to quit smoking?

Ask your surgeon or nurse to refer you to the Smoking Cessation Service in the hospital.

You can get help to quit for surgery and the long term!

### Call now for more information

- **Smoking Cessation Nurses**
  - North - phone **6777 4488**
  - Northwest - phone **6478 5251**
  - South - phone **6166 6835**
- **Quitline 13QUIT** (13 7848)

See overleaf for more support options

Alcohol and Drug Services welcomes feedback from clients, carers and family members to help us improve care. Talk to staff, fill in a feedback form or call Consumer Liaison Unit on 1800 811 911.

TASMANIAN  
HEALTH  
SERVICE



The Tasmanian Health Service integrates acute, primary and community services. This integration gives service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live.



# Smoking for Surgery

TASMANIAN  
HEALTH  
SERVICE



## Have you thought about quitting?

### Now is a good time.

Being smoke free before surgery is one of the best ways to improve your health, for the surgery and the long term.

There are over 7,000 chemicals in cigarettes that cause problems during surgery and when you are recovering.

When you quit smoking your health improves which is really important before you have surgery.

You can't smoke in any part of a hospital in Tasmania. The hospital staff can give you support and treatment to be smoke free during your stay and after you go home.

**Quitting before surgery is great for your health. It will lower your chances of surgical problems and healing issues.**

**It is recommended you quit smoking **at least one month** before your surgery.**

## The good things about quitting ...

Being smoke free means you are less likely to:

- **Get a wound infection** which is more common if you smoke.
- **Be admitted to the Intensive Care Unit (ICU)** from complications of smoking.
- **Have slow wound healing** from less oxygen in your body when you smoke.
- **Develop lung infections** like pneumonia from more mucus from smoking.
- **Have a longer stay in hospital** from complications of smoking.
- **Have your surgery cancelled** as many surgeons will not operate on you because of the risks of smoking.

**It is much easier to quit when you are staying in a smoke free place with access to help and support.**

**Counselling options overleaf.**

## Ways to quit smoking

Here are some proven ways to help.

### 1. Medications

Medications can help you with withdrawal and can be used to cut down before you quit.

#### **Nicotine Replacement Therapy (NRT)**

- Medication that contains nicotine.
- Can be patches, gum, lozenges, mouth spray or inhalers.
- NRT more than doubles your chance of quitting.
- You can get NRT from pharmacies and supermarkets and when you are in hospital.
- A GP can write you a prescription as some NRT is on the Pharmaceutical Benefits Scheme (PBS).

#### **Non-nicotine medications**

- Talk to your GP about other medications that can help you quit smoking.
- These are on the PBS.

### 2. Cold turkey

- Is when you quit smoking without using any medications.
- You can either cut down over a few days until you stop, or choose a date to quit and stop suddenly.