

Supporting you to stop smoking

Advice to help you stop smoking before your surgical procedure under anaesthesia

The purpose of this leaflet is to give you information about stopping smoking before your procedure and how we can support you.

We know this request can be difficult to hear and it may cause several emotional responses, including anger and frustration, but please do read why we strongly recommend that you quit smoking as soon as possible before your elective procedure under anaesthetic.

In addition to the general health risks associated with smoking, research has shown that smokers are more likely to suffer a range of complications before, during and after surgery. The good news is that by quitting smoking, you can improve your surgical outcomes by reducing actual risks and complications.

Risks associated with smoking before your surgical procedure under anaesthetic

The risks associated with smoking mean that it is not always safe for surgery to take place when a patient continues to smoke and, as a result, some surgeons will not carry out procedures until a patient is able to abstain from smoking.

Following surgery, the Royal College of Physicians report smokers are twice as likely to experience:

- healing delay
- postoperative surgical site infection
- wound complications
- hernia herniation at the operation site
- dental implant failure/dry socket abscess

Additional research has shown smokers having an anaesthetic also:

- have higher risks of lung and heart complications
- require longer hospital stays
- experience more pain than non-smokers and require more pain relief medication
- are more likely to be admitted to an intensive care unit or readmitted to hospital with avoidable postoperative complications, such as deep vein thrombosis and chest infections
- need a higher dose of anaesthesia than non-smokers
- have decreased blood oxygenation, leading to decreased oxygen delivery to their tissues and consequently, they are more likely to need prolonged oxygen therapy after surgery

Research has shown that individuals who smoke are 38% more likely to experience negative outcomes, including increased mortality following surgical procedures compared to nonsmokers.

In the interest of promoting your health and wellbeing, we strongly recommend considering quitting smoking prior to your upcoming surgical procedure. Doing so will likely result in a more successful and safer outcome.

We are pleased to offer information about a complimentary cessation program that offers guidance and resources to aid in your smoking cessation journey. Evidence has shown that using nicotine replacement therapy to relieve cravings can double your chances of having a successful quit attempt. Combining this with support from a specialist smoking cessation advisor is the most effective way to give up for good.

If you have any further questions about giving up smoking before your surgical procedure, please ask the nurses or anaesthetists in the Pre-operative Assessment Team.

Thank you for reading our leaflet and we wish you success with going smoke-free!

Further information

Stop Smoking Service:

- Telephone 0800 389 3998
- Text **SMOKEFREE** to **80818**
- Email - healthimprovementservice@hertfordshire.gov.uk
- Sign up online - www.hertfordshire.gov.uk/services/health-in-herts/smoking/stop-smoking-referral-form.aspx

NHS Website:

- www.nhs.uk/better-health/quit-smoking/

Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

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