

# Quitting smoking before my operation



You will soon have an operation. To help ensure your operation goes well, you are encouraged to quit smoking. This sheet describes the help you can get to do this.

## Did you know? Smoking:

- Increases the risks associated with surgery (infection, complications)
- Slows down the healing of incisions
- Slows down the overall recovery

## How long before the operation should I stop smoking?

If you can, the ideal would be to stop **6 to 8 weeks** beforehand. This will greatly reduce your risks. Then they would be similar to those of a non-smoker.

At a minimum, your surgeon asks that you don't smoke for **24 hours** before your operation.

## But the operation stresses me out a lot, and then not smoking, too...

Yes, that's normal. Smoking is an addiction. To make sure things go as smoothly as possible, get some help. There are ways to relieve your cravings and cope with any symptoms that might come up, such as nervousness and sleep problems.

**Your pharmacist can counsel you on what approach is best for you. Your doctor or your nurse can also advise you.**

Also, specialists at the I QUIT NOW helpline (see page 2) are available to help you at all times. By using their telephone support services, you can improve your chances of reaching your goal.



Nicotine is the main cause of cigarette addiction. It has a pleasant effect on the brain, but the other products contained in the smoke can cause illnesses.



## What products can help me?

There are two types of products that can help you quit smoking:

- 1 Nicotine-based products (patches, gums, lozenges, and others), available over-the-counter at pharmacies.
- 2 Drugs, which require a prescription.

Each has its advantages. You can use whichever one(s) you prefer.

## Can their cost be reimbursed?

Yes, part of the cost may be reimbursed by your insurance or by the Québec drug insurance plan. However, if you want to use a drug, you will need a doctor's prescription.

## Are electronic cigarettes helpful to quit smoking?

Unfortunately there hasn't yet been enough research to answer this question. In general, using nicotine-based vaping liquids (e-liquids) helps in cutting down on smoking. However, at this time, e-liquids are not regulated in this country.

Electronic cigarette vapors contain toxic products. However, they contain less than regular cigarettes.

If you have questions, talk with a health professional.



### A smoke-free environment

Be aware! For the sake of everyone's health, **smoking and vaping are not allowed anywhere in the CHUM**. When you are admitted to the hospital, you may be given quit-smoking aids. This is part of your healthcare.

## Who do I contact if I have questions?

You can contact one of the specialists at the I QUIT NOW helpline or at a Quit Smoking Centre (see below). They can give you lots of practical advice to help you quit.



### USEFUL RESOURCES

The I QUIT NOW helpline Specialists in quitting or smoking reduction are available to help:

- reduce symptoms caused by quitting
- manage difficult situations
- prevent relapses
- control stress
- avoid weight gain

These services are free and confidential.

By phone:

> **1 866 527-7383**

Monday to Thursday, 8 a.m. to 9 p.m.  
Friday, 8:00 a.m. to 8:00 p.m.

By text message:

Text message support is available 24 hours a day at:

> **smat.ca**

In-person support:

Available at any Quit Smoking Centre. To find the centre nearest to you, call the I QUIT NOW helpline or consult the website:  
> **tobaccofreequebec.ca/iqitnow**

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our web site  
**chumontreal.qc.ca/fiches-sante**

*The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.*

To find out more about the Centre hospitalier de l'Université de Montréal  
**chumontreal.qc.ca**