# Facing Surgery?

## Turn Your Back on Tobacco!

If you use tobacco and are facing surgery, now is a great time to consider quitting.

If you stop smoking before surgery, you will...

- HEAL FASTER
- FACE FEWER COMPLICATIONS
- IMPROVE YOUR BREATHING
- REDUCE THE RISK OF INFECTION

Partnering with a PACT Health Care Professional will help you succeed.

Smokers are 80% more likely to have a heart attack after surgery than non-smokers.

PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

**visit:**
**www.skpharmacists.ca/quitsmoking**

Developed as part of the Harmonization Project www.harmonization.ok.ubc.ca and supported by funding from the CCSRI (Grant # 701259-00).

# Quitting 4 to 6 weeks before surgery is best, but quitting any time before surgery improves outcomes....

## Preparing to Quit:

☐ I am quitting tobacco for surgery.

Additional reasons for me to quit are:

- _____

- _____

- _____

### Manage Cravings

- chew on a toothpick
- drink water
- go for a walk

- **Socializing**

- prepare and rehearse a standard line for refusing cigarettes

### Stress Relief

- deep breathe
- be physically active
- organize days to avoid tension

### Environmental Control

- make smoke-free zones
- clean and deodorize home and car
- put a picture of a loved one where I usually keep my cigarettes

### Thought Management/ Motivation

- write a note to myself with all the reasons for quitting and read it during cravings
- reward myself with the money saved

### Partner with a Professional

**www.skpharmacists.ca/quitsmoking**

**Smokers' Helpline**
1 877 513 5333
**www.smokershelpline.ca**

**Canadian Cancer Society**
**www.cancer.ca**