



Tobacco Facts for Surgery

To improve your chances of recovering from surgery without complications, surgeons recommend being tobacco-free before and after your procedure. Recovery is a great time to quit tobacco, as you are likely to have reduced cravings, limited access to tobacco and increased access to support.

Why Quit Tobacco for Surgery?

- Using tobacco prior to surgery slows wound healing.
- Tobacco use can increase your risk for developing infection and scarring.
- Tobacco use decreases blood flow through your body, increasing the risk of heart attack or brain damage during surgery.
- Using tobacco in the days before your surgery will increase the risk for post-operative pneumonia.
- Tobacco use causes less oxygen to reach your lungs, increasing the likelihood of lung problems after surgery.

Why Stay Tobacco-Free After Surgery?

- You will heal faster from your surgery.
- Your heart and lung function will improve.
- Quitting tobacco will add years to your life.
- Staying tobacco-free reduces the risk of lung cancer, emphysema and heart disease.



“ *If major surgery is in your near future, quitting tobacco will help you recover more quickly, and with less risk for complications and will launch you toward better health.* **”**

— Fran Wilson, MD, Surgeon, Alaska Native Medical Center

Tips to Help You Quit

How Do I Quit?

- Call Alaska's Tobacco Quit Line! The quit line is FREE for all Alaskans. Call 1-800-QUIT-NOW (1-800-784-8669) 24 hours a day, 7 days a week.
- Quit line services include phone coaching sessions and free nicotine replacement therapy.
- Get support from friends and family. Ask Alaska's Tobacco Quit Line to send you the *Ally Guide*.
- Contact your healthcare provider to find the help you need to quit.
- Keep trying to quit! Most tobacco users make several quit attempts before staying quit for good.

“ I think the thing that made this quit different is the support, you guys, the calls. Just finding out I could use the nicorette gum on top of the patch to help me deal with the stress triggers was really helpful. **”**

— Alaska's Tobacco Quit Line Caller

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

For more information, visit alaskaquitline.com



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