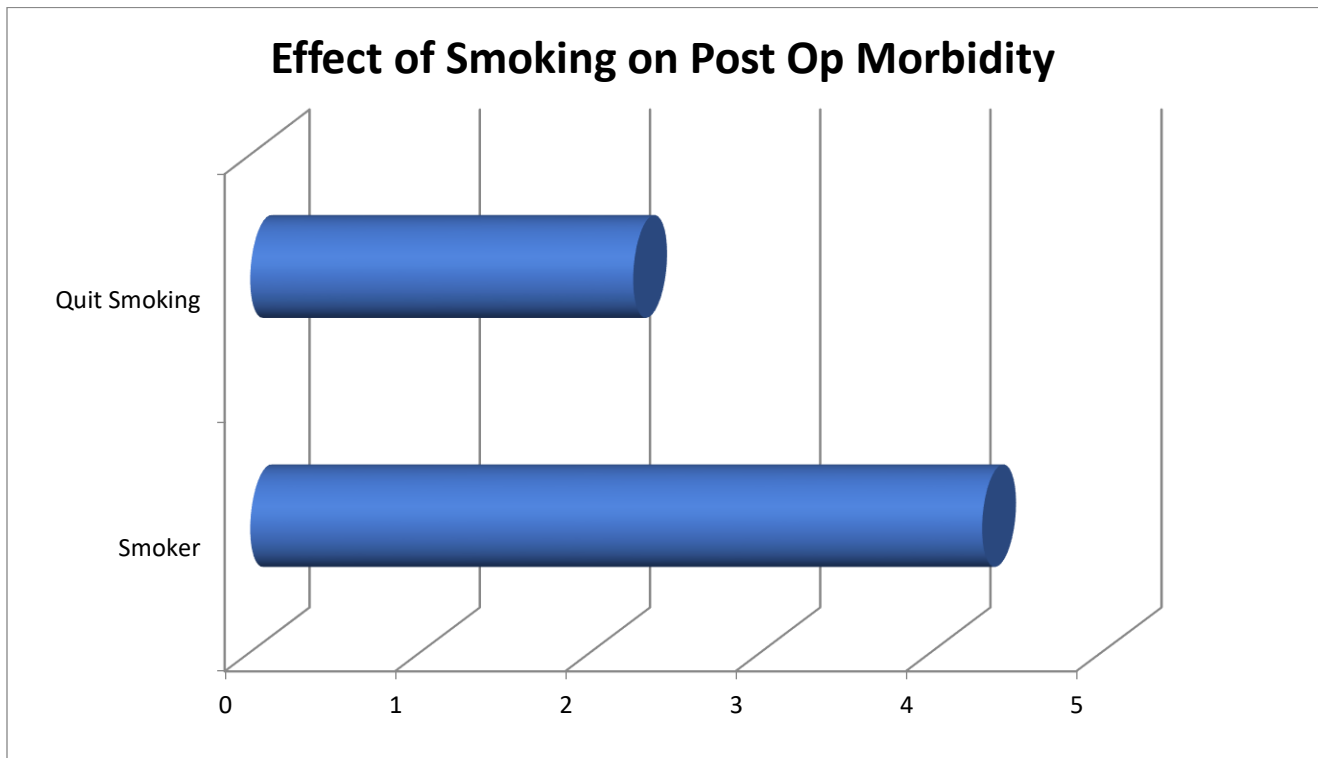




Surgical Patient Optimization Collaborative (SPOC)



SMOKING CESSATION



Quitting smoking 6-8 weeks before surgery can reduce a patient's rate of overall complications by about 50%. These complications include lung infections, wound infections and wound healing.

Quitting anytime before surgery is beneficial and even having no cigarettes or tobacco products 24 hours before surgery will improve patient outcomes

Resources to help patients quit smoking:

- Quitnow.ca
- HealthlinkBC.ca or *811
- BC211.ca or *211
- Medications: Zyban or Champix; prescription attached
- Nicotine Replacement Therapy (NRT); prescription attached