

Thank you for respecting our smokefree (auahi kore) policy

Being a patient in hospital can be an anxious time. If you are a smoker, it is important for you to know that you are not being forced into quitting. We just ask that you respect our smokefree policy while you are here.

Smoking is bad for your health

It can slow down the healing of your wounds and delay your recovery.

So it is important that you don't smoke while you are in our care.

Smoking is not permitted in any area of our hospital buildings and grounds. This includes patients, visitors, staff and contractors.

If you are a smoker, tell us

We are not judging you.

To help you we need to know if you currently smoke:

- to assess your risk of nicotine withdrawal
- to prevent nicotine withdrawal
- to support you to be smokefree in hospital
- to discuss referral to cessation service.

We will prescribe nicotine replacement therapy while you are in hospital to prevent nicotine withdrawal syndrome if appropriate.

Symptoms of nicotine withdrawal include:

cravings, irritability, anxiety, concentration problems, hunger, and problems sleeping.

Why be smokefree for surgery?

It's not just about the money you save or the good you do for your overall health: it's also about how well you recover from your surgery.

People who stop smoking are up to 40% less likely to develop serious complications after an operation compared to those who continue to smoke.

By quitting smoking you are:

- less likely to have complications requiring further medical attention and/or prolonged stay in hospital
- less likely to develop respiratory or breathing complications. These can be expensive and usually require lengthy hospitalisations. People who quit have less chance of developing a serious lung infection, such as pneumonia. They are also less likely to require additional supports such as supplementary oxygen, and maybe less likely to develop blood clots in the lungs
- less likely to have problems with wound healing. The risk of developing surgical wound infections is decreased. Skin grafts are less likely to fail. Wounds heal with less noticeable scarring and future complication such as hernias from the surgical site are less likely to occur
- less likely to suffer dry socket complications after teeth extractions.

The earlier you stop before your surgery the better. Four weeks is optimum.

If possible aim for four weeks or more. However, every week you are smokefree before surgery counts for something. The effect is cumulative over time.

So take this opportunity to go smokefree. We can refer you today.

Common questions

How does nicotine replacement (NRT) work?

Nicotine is the main chemical in tobacco that keeps a smoker craving the next cigarette. When you wear a nicotine patch your body is receiving clean nicotine so that you can get used to not smoking cigarettes. It also avoids the other toxins (poisons) present in tobacco that can harm your body and slow down your recovery.

Can I get patches, gum, lozenges or inhalator in hospital?

Yes, while you are in hospital, we can provide nicotine therapy. When you leave hospital you should continue using the nicotine products. You can get patches, lozenges and gum, two month supply for \$5.00 per item, on Quit Care or prescription.

Stopping smoking now is the best thing you can do for your health and we can help you.

Benefits of quitting

After 24 hours

Carbon monoxide is eliminated

After 1 year

Risk of heart attack falls to about half that of a smoker

After 10 years

Risk of lung cancer falls to half that of a smoker

After 15 years

Risk of heart attack falls to the same as someone who has never smoked.

Something for you to consider

When it comes to quitting, every smoker is at a different stage of readiness to quit.

In hospital, some people may be too sick to feel like smoking. Or perhaps they have had a fright about their health and are thinking about quitting.

For others, having a break from smoking is not as bad as they expected. They may think: *"I can do this!"* They are feeling ready to quit.

Some patients find that being in hospital is a good opportunity to quit altogether. Perhaps you have made this decision at home before you came to hospital. Now you are ready to 'make a plan' and 'take steps'.

Ask to be referred to the smoking cessation service

Cessation practitioners will contact you at home after discharge.

Your general practitioner (GP) and local pharmacist can also help you.

Want support to quit?

Call 0800 542 584 (Kick the habit)

or

Quitline (0800 778 778)



Being smokefree before surgery and in hospital

Smoking is not permitted in our buildings or anywhere in the hospital grounds.

G1702HWF

08/13JB

