

DOMINION

Anesthesia

Your anesthesiologist cares about your health!

The American Society of Anesthesiologists (ASA) is an educational, research and scientific association of physicians organized to raise and maintain the standards of the medical practice of anesthesiology and improve the care of the patient, before, during and after surgery.

For much more information about stopping smoking for surgery, including links to a variety of other free resources that are available, visit

www.asahq.org/patientEducation/smokingcessation.htm



Be Smoke-Free for Surgery

Why you should stop smoking for your surgery – and how you can get help

ASA AMERICAN SOCIETY OF ANESTHESIOLOGISTS

We recommend that you stop smoking before surgery and stay off cigarettes until at least one week after surgery – Here's why

Just like you should not eat the morning of surgery, you also should not smoke the morning of surgery.

Reason 1: Heart and lung function starts improving within 12 hours of quitting as levels of toxins such as carbon monoxide in your body decrease, improving blood flow and reducing your chances of problems such as a heart attack.

Reason 2: Quitting smoking helps the healing process and reduces the chances that your wound will become infected after surgery. Quitting also helps bones heal faster.

Quitting smoking for as long as you can both before and after surgery is one of the best things you can do to improve your chances of recovering from your surgery without complications.

Surgery is also a great time to quit for good – Here's why

Reason 1: You may be more motivated to make some changes as you think about your surgery. For many it is a time to reflect and think about ways to improve their health – and quitting smoking is one of the best things you can do to improve your health.

Reason 2: Most people find that they have little craving for cigarettes in the days after surgery.

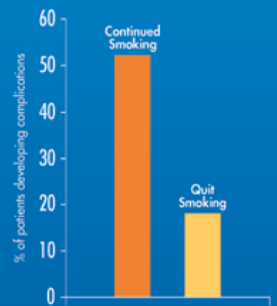
Reason 3: Depending on the type of surgery you will have, you may be in the hospital for a few days, and you can't smoke while in the hospital. This gives you a great start on quitting for good!

Reason 4: Quitting for good can give you more years of life and reduces your risk for lung cancer, emphysema, heart disease, and many other diseases associated with smoking. It also eliminates second-hand smoke exposure to your loved ones.

Reason 5: Free help is available, including free medication to help you quit! Through a Tobacco Quitline, trained specialists provide individualized advice and a plan to help you quit smoking. Their help is conveniently available by telephone through Tobacco Quitlines.

If you have thought about quitting for good, there is no better time than now that you are having surgery.

Smokers who quit before orthopedic surgery experience a dramatic decrease in the overall rate of complications after surgery, mainly caused by a decrease in the rate of wound infections.



Moller et al, Lancet 359:114, 2002