



Quitting smoking before surgery

Quitting before surgery can make your surgery safer, help you heal faster and let you go home sooner



Quit smoking at least 4 weeks before your surgery. If that is not possible, quitting any time before surgery is helpful.

Quitting smoking is a good idea for other reasons. Quitting may lower your chances of getting COVID-19 because smoking increases how often your hand touches your face and the chemicals in smoke can make it harder for your body to fight viruses like COVID-19.

Why quit smoking before your surgery?

- You may spend less time in the hospital
- You are less likely to have problems during or after surgery
- Your surgical wounds (cuts) will heal faster and are less likely to get infected
- Your chance of getting a lung or chest infection after surgery will be lower

Best ways to quit smoking

- Talk to a quit smoking counsellor in person, by phone or online – they can help you create a plan for quitting smoking that works for you
- Ask about quit smoking programs at your hospital
- Call a Care Coach at Telehealth Ontario at **1-866-797-0000** (TTY **1-866-797-0007**) or the number on cigarette packages
- Call or visit Talk Tobacco for Indigenous smoking and vaping support at talktobacco.ca or **1-833-998-8255**
- Visit tobaccowise.com for information about the Indigenous Tobacco Program

Using counselling and medication together can triple your chances of quitting smoking.



Indigenous Tobacco Program
tobaccowise.com



Ontario Health
Cancer Care Ontario



**It's never
too late
to quit!**

Medications

- Nicotine replacement therapy (NRT)
 - Using the nicotine patch with another NRT product (gum, lozenge, mouth spray or inhaler) can increase your chances of quitting
 - NRT products are sold in pharmacies and some stores without a prescription, but speak to your healthcare provider about the best ways to use them
 - In the province of Ontario, there are many options for Indigenous peoples to access NRT at no cost, through:
 - Public health units
 - Aboriginal Health Access Centres
 - the Centre for Addictions and Mental Health
 - First Nations and Inuit are also eligible to receive free NRT through Non-Insured Health Benefits
 - Indigenous Navigators at the Regional Cancer Programs can help with accessing NRT
- Varenicline and bupropion
 - You need a prescription from a healthcare provider to get these drugs

To help you decide the best way to quit, start by talking to:

- your healthcare provider or health centre team
- your cancer care team, including your psychosocial counsellor or Indigenous Navigator
- your local public health unit
- your pharmacist

More information about quitting smoking

- Government of Ontario: ontario.ca/page/support-quit-smoking
- Ontario Health (Cancer Care Ontario): cancercareontario.ca/stopsmoking
- Indigenous Tobacco Program: tobaccowise.com
- Talk Tobacco – Indigenous smoking and vaping support talktobacco.ca or 1-833-998-8255

Need this information in an accessible format?

1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca PCC4205