



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 and have limited access to tobacco.

Why Quit Tobacco for Surgery?

- Using tobacco prior to surgery slows wound healing.
- Tobacco can increase your risk for developing infection and scarring.
- Tobacco decreases blood flow to 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 causes less oxygen to get to 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.
- Surgery is a great time to quit tobacco for good!



“ 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. **”**

— Surgeon Fran Wilson, MD, Alaska Native Medical Center

Tips to Help You Quit

Why Should I Quit?

- 71% of adults in Alaska would like to quit tobacco.
- 93% of Alaska Native adults agree that every cigarette causes a smoker damage.
- The risk for heart disease is cut in half one year after quitting tobacco.
- In five years after quitting tobacco your risk for cancer of the mouth, throat and esophagus are cut in half.
- In ten years after quitting, your risk for developing lung cancer drops by 50%.

How Do I Quit?

- Call Alaska's Tobacco Quit Line! The Quit Line is **FREE** for all Alaskans and is available by calling 1-800-QUIT NOW (1-800-784-8669) seven days a week, from 4 a.m. to 11 p.m. Quit Line services include phone counseling sessions and up to eight weeks of free nicotine replacement therapy, including the patch, gum or lozenge.
- Obtain support from friends and family. Ask Alaska's Tobacco Quit Line to send you the "Ally Guide."
- Contact your clinic to find out what tobacco resources are available in your area.
- Keep trying to quit! Most tobacco users make several quit attempts before staying quit for good.

// *Your program is really good. You don't know how many times I have tried to quit smoking in the past, but as soon as I called your program it started helping me. Don't get me wrong, it wasn't that easy at first, but I've been quit almost four months now and it's because your program really helped me. Thank you!* **//**

— Alaska's Tobacco Quit Line Caller

