

## **Having Surgery?**

### **Quit or Reduce Smoking/Vaping to Improve Your Chances for Success**

If you smoke tobacco cigarettes or vape with e-cigarettes, one of the best things you can do to improve your chances for surgical success, lessen your risk of complications, and have a faster recovery is to stop or at least cut down on the amount you smoke or vape.

Reducing or, ideally, quitting can help:

- Accelerate tissue healing after surgery.
- Decrease the amount of anesthesia required during surgery and the medications used for post-surgical pain relief.
- Make it easier for you to breathe, reducing the need for additional breathing support after surgery.
- Minimize your risk of developing pneumonia after surgery.
- Reduce the threat of developing dangerous blood clots or a heart attack after surgery.
- Decrease your risk of infection after surgery.

### **How soon and for how long?**

The longer you can go without smoking or vaping or reduce how much you do, the better, even if it's just days before your surgery.

Aim to stop or reduce 4-8 weeks before your surgery, if possible, for maximum benefit. If you must start again after surgery, try to wait at least 1-2 weeks before resuming.

When you stop, you'll start feeling the benefits almost immediately as your body begins to heal, providing you with the motivation and hope you need to make a long-term positive change in your health.

### **Get help**

You're not alone in this journey. There are many resources available to help you, including 1-800-QUIT-NOW (1-800-784-8669) and [Smokefree.gov](https://www.smokefree.gov).

Your healthcare team is committed to your well-being and is available to guide you through this process.