



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

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

Quitting smoking may lower your chances of getting COVID-19.

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
- Ask about quit smoking programs at your hospital
- Call a Quit Coach at Health811 by dialing **8-1-1** (TTY **1-866-797-0007**) or the number on cigarette packages
- Get support from Smokers' Helpline:
 - Visit [SmokersHelpline.ca](https://www.smokershelpline.ca) to get self-help materials, and join an online group of quit coaches, and others trying to quit smoking
 - Text the word **iQuit** to the number **123456**
 - Visit [QuitMap.ca](https://www.quitmap.ca) to find a local quit smoking counsellor or group



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

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 doctor, nurse practitioner or pharmacist about the best ways to use them
- Varenicline and bupropion
 - You need a prescription from a doctor, nurse practitioner or pharmacist to get these drugs

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

- your family doctor or nurse practitioner
- your cancer care team, including your psychosocial counsellor
- your pharmacist
- your local public health unit

More information about quitting smoking

- Government of Ontario:
ontario.ca/page/support-quit-smoking
- Ontario Health (Cancer Care Ontario):
cancercareontario.ca/en/Quitting-Smoking
- Indigenous Tobacco Program:
tobaccowise.com

Need this information in an accessible format?

1-877-280-8538,
TTY 1-800-855-0511,
info@ontariohealth.ca
CQ272

It is never too late to quit!