



SURGERY & SMOKING

Smoking can lead to much higher risks from serious complications during and after your surgery. If you continue to smoke, you can:

- *starve your heart of oxygen.*
- *form blood clots in your veins.*
- *experience difficulty breathing during and after surgery.*
- *increase your risk of infection.*
- *make it harder for your body to heal.*

IS IT WORTH THE GAMBLE?

Stopping smoking before surgery will reduce your risk, help you heal faster and may even get you home sooner.



ELECT to be smokefree before surgery and receive:

- *free personalised advice and support*
- *subsidised nicotine replacement therapy*

You don't even have to commit to never smoking again – the team at ELECT can support you long enough to reduce your risks for surgery and recovery.

For information:

Call ELECT on 09 486 8920 Extn: 2117, Mobile: 021 509 251

Or email: elect@waitematadhb.govt.nz



Thank you for seeing my patient who wishes to be Smokefree before surgery:

| | | | | |
|---------------------------|---|---|------------|--|
| First Name: | | Surname: | | <input type="checkbox"/> CONSENT Permission has been given to share the personal information detailed (including the NHI number) with the ELECT Service. |
| Address: | | | | |
| Date of Birth: | / | / | Ethnicity: | |
| Preferred Contact Number: | | <input type="checkbox"/> Male <input type="checkbox"/> Female | | |

Fax to 2348 or send via Internal Mail: The Smokefree Team, Waitemata DHB

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| Referred by: | Designation: | Date: |
|--------------|--------------|-------|