



# 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](mailto:elect@waitematadhb.govt.nz)**



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

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

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

Referred by:	Designation:	Date:
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