

**Surgery**

**& Smoking**

**

**For information:**

**Call Smokefree Services on 09 486 8962 Extn: 2462, Mobile: 021 243 2146**

**Or email: smokefreeservices@waitematadhb.govt.nz**

**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.**

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

**Is it worth**

**the Gamble?**

**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.***

ELECT is a no cost

support service that

offers you the opportunity to stop smoking before

surgery. ELECT offers tailored advice, support, and

subsidised nicotine replacement to anyone interested in stopping smoking. You don’t even have to commit to never smoking again, ELECT will support you to stop smoking long enough to reduce your risks for surgery and recovery.