

Stopping smoking before and during your hospital stay

Enhanced recovery after surgery program

TO BETTER GUIDE YOU

Your surgery is approaching.

To ensure that it goes well, it's recommended to stop smoking. This handout provides advice and resources to support you.

It's important to stop smoking before surgery to reduce the risk of complications, such as infections and breathing problems.

Stopping smoking will help your wounds heal and will help you recover more quickly.

Stopping smoking before surgery

It's best to stop smoking 6 to 8 weeks before surgery. Even stopping a few weeks before surgery can already make a difference.

Your surgeon asks that you do not smoke for at least one day before surgery.

Managing stress and cigarette cravings

It's normal for your stress to increase when you stop smoking. However, there are ways to reduce cravings. Your doctor, pharmacist, or nurse can help you.

Getting help to quit

The J'ARRÊTE (I QUIT) line is a free telephone service to help you stop smoking.

See the "helpful resources" section to find support that works best for you.

Nicotine is what makes cigarettes addictive because it creates a pleasant effect in the brain. The other substances in cigarette smoke increase the risk of many diseases.

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Products to help you stop

There are 2 types of products:

- **nicotine-based products** (patches, gum, lozenges, and others), available over the counter at the pharmacy
- prescription **medication**

Nicotine-based products help reduce cigarette cravings. However, they are not suitable for everyone.

Talk to your doctor or another healthcare professional before using them. Choose the option that's best for you.

What may be reimbursed

Some costs may be reimbursed by your insurance or by the RAMQ. A prescription is required:

- from a pharmacist for nicotine-based products
- from a doctor for medications

Some conditions may apply.

Smoking slows healing

When you smoke, your body gets less oxygen. As a result, your wounds heal more slowly, and your risk of infection increases.

Products that help you quit smoking do not affect healing.

Are E-cigarettes (vapes) effective for stopping smoking?

Right now, there's not enough research to say that vaping helps people stop smoking completely.

In some cases, vaping liquids that contain nicotine may help some people reduce how much they smoke. However, these products are not regulated in Canada.

The vapour from e-cigarettes contains toxic substances, but in smaller amounts that traditional cigarette smoke.

If you have any questions or concerns, talk to a healthcare professional.

Helpful resources to support you

- **J'ARRÊTE (I QUIT) helpline**
  Trained professionals are available to help you:
  - help with your symptoms
  - manage difficult situations
  - prevent relapse
  - manage stress
  - refer you to other resources

  These services are free and confidential
- **Telephone support**
  1 866-JARRETE (527-7383)
  Monday to Thursday: 8 a.m. to 9 p.m.
  Friday: 8 a.m. to 9 p.m.
- **Text support**
  24/7 text messaging services
  smat.ca (French only)
- **In-person support**

  Visit a smoking cessation centre

  For a list of centres by region:
  www.tobaccofreequebec.ca/iquitnow
  - **Smoking cessation centres (Montérégie)**
    1-844-429-3358
    www.santemonteregie.qc.ca/en/services/smoking-cessation-centre

The information in this document does not replace the advice, diagnosis, or treatment provided by your healthcare professional.

Texte adapté de la fiche santé *Cesser de fumer avant mon opération* produite par le Centre de littératie en santé du CHUM : chumontreal.qc.ca/centre-litteratie-sante.

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