



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

Quit smoking at least 4 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 Care Coach at Telehealth Ontario at **1-866-797-0000** (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/stopsmoking
- Indigenous Tobacco Program: tobaccowise.com

Need this information in an accessible format?

1-877-280-8538,
TTY 1-800-855-0511,
info@ontariohealth.ca
PCC4205

It is never too late to quit!