

QUIT SMOKING

THE PERIOPERATIVE CARE BENEFITS

Smokers are more likely to be **admitted to an intensive care unit** postoperatively¹



For smokers, the risk of **major complications**

following surgery increases by

up to 40%²

Children exposed to **passive smoking** have higher risks of adverse outcomes in the perioperative period³



Smoking increases the risk of cardiovascular, respiratory, and wound healing complications after surgery³

Surgery with complications

costs the NHS more and increases length of stay⁴



Smoking cessation support and interventions

increase the likelihood of abstinence at the time of surgery and one year later⁸



Quitting

Quitting smoking as early as possible, ideally more than eight weeks before surgery, improves outcomes⁵

Cessation at least four weeks before surgery reduces wound healing complications⁶



Amongst current smokers, **45% intend to quit**⁷



Stopping for even **24–48 hours** reduces levels of nicotine and carbon monoxide and improves oxygen carrying capacity⁹

Smoking is the biggest driver of health inequality in England¹⁰



In the UK almost **13%** of adults smoke cigarettes⁷

Each craving lasts on average 90 seconds.

Withdrawal symptoms (such as irritability) reduces after two weeks. Exercise helps with managing cravings and withdrawal symptoms¹¹



References

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