

Why do anesthesiologists recommend that you stop smoking before and after surgery?

- ❖ Reason 1: Within 12 hours of quitting, your heart and lungs start working better. In addition, the nicotine and carbon monoxide levels in your body decrease, improving blood flow and reducing the chances of problems during and after your surgery.
- ❖ Reason 2: Quitting smoking helps you heal faster. The likelihood of some potential problems, such as the infection of your surgical incision after surgery, can be decreased if you stop smoking now.

The longer you quit, the greater the benefit.

Where can I get help and more information on how to quit smoking?

The American Society of Anesthesiologists has a very useful webpage:
www.asahq.org/stopsmoking

Also, free help is available at 1-800-QUIT-NOW.