



## ALFRED HEALTH IS PROUD TO BE TOTALLY SMOKEFREE

As a leading health service, we want patients, residents, visitors, volunteers and staff to enjoy a safe, healthy and comfortable environment. That's why we're proud to be totally smokefree.

It's just one of the ways we care for each other and the environment we work in.



# stop before the op

Stopping smoking before your operation greatly improves your chances of having a trouble free anaesthetic and the best outcome after surgery. This might also lead you to stopping smoking permanently which would improve your future health even further.

The Alfred Health team wants you to have the best possible operation so we are providing you with the latest facts about smoking and surgery.

All Alfred Health sites are totally smokefree. This means that smoking is not permitted in any indoor or outdoor areas within our property boundaries.

## When should I stop?

The more smokefree time you have before surgery, the greater the benefits.

If you can stop smoking up to 6-8 weeks before your surgery, your lungs have a chance to clear, making chest infections and more serious complications less likely.

Even stopping smoking a few days before your surgery can have positive benefits for your blood pressure and heart.

## Why should I stop?

By stopping smoking, you can improve your health and reduce the length of time needed for recovery and healing. This will help you leave the hospital sooner and get back to your normal life more quickly.

## How can I stop?

Call Quitline 13 QUIT (137848). Ask to have a Quit Pack posted to you, or speak to a trained counsellor who can provide information and support to help you. Quitline is confidential, free and is available from 8:00 am to 8:00 pm, Monday to Friday from anywhere in Australia.

Talk to your general practitioner, pharmacist or any other health professional.

 **Quitline® 13 7848**