

# SMOKING & SURGERY

***Smoking cigarettes often leads to complications during surgery and anesthesia. If you are having surgery, consider quitting smoking at least 4 to 6 weeks before your surgery day.***

- ◆ Smoking increases the risk of complications in your lungs and heart and slows the healing process after surgery. Smoking also increases mucus and coughing, which makes it harder to receive anesthesia. People who smoke also often require more anesthesia.
- ◆ Smoking causes your airways to tighten so the lungs can't get rid of excess mucus. This can cause a greater risk of lung infection or pneumonia after surgery.
- ◆ Smoking weakens your immune system, which can slow the healing process and can increase your risk of wound infections.
- ◆ Poisonous carbon monoxide (car exhaust) in cigarette smoke decreases the amount of oxygen in the blood going to your heart, lungs, brain, and the rest of your body.
- ◆ Nicotine increases your blood pressure and heart rate.
- ◆ Smoking increases the risk of complications after bypass heart surgery and decreases blood flow to the heart and coronary arteries. Continuing to smoke after heart surgery

results in twice the risk of chest pain and heart attack within 1 to 5 years after surgery.

- ◆ Smoking causes poor circulation in your legs and causes complications in your kidneys, stomach, and intestines. It also slows down the healing of muscles and bones.

## **TIPS FOR A SUCCESSFUL SURGERY**

- ◆ Eat a healthy, low-fat diet so you won't gain weight and so your body will get important nutrients it needs to heal.
- ◆ Exercise daily to prepare for your surgery. Doing so will help control weight gain and can help clear your lungs.
- ◆ Drink plenty of water.
- ◆ Make a plan to stay quit from smoking, and practice a healthy lifestyle to improve your healing process after surgery.

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**Any time you need assistance  
with your cessation journey,  
need to ask questions  
or just need to talk,  
call us at (318) 966-QUIT.**

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