



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

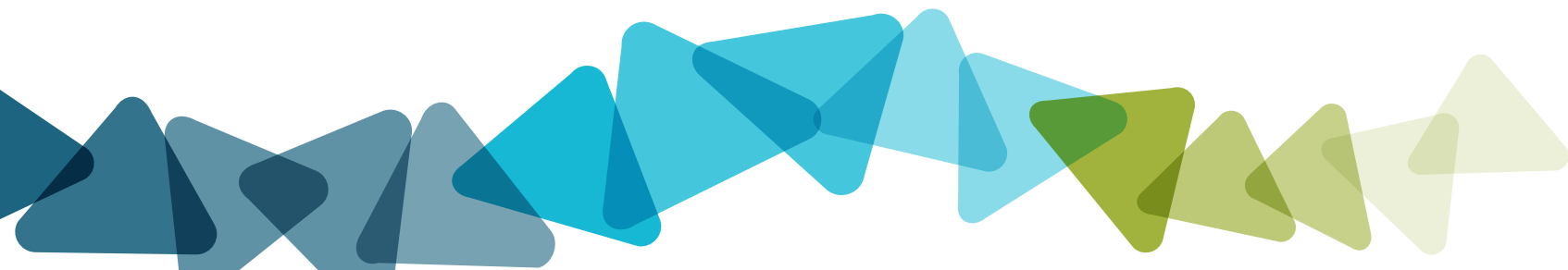
Quit smoking at least 4 weeks before your surgery. If that is not possible, quitting any time before surgery is helpful.

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 your primary care provider
- Call the NWT Quitline at 1-866-286-5099 to talk to a Care Coach
- Visit www.gov.nt.ca/tobacco to get self-help information





**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 available in pharmacies and some stores without a prescription, but speak to your physician, nurse practitioner, community health nurse, or pharmacist about the best ways to use them
- Varenicline and bupropion
 - Varenicline and bupropion are medications that decrease cravings and withdrawal from nicotine
 - 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, nurse practitioner, or community health nurse
- your cancer care team
- your pharmacist
- your primary care provider

More information about quitting smoking

- www.gov.nt.ca/tobacco

It is never too late to quit!