



# Quitting smoking before surgery

Quitting before surgery can 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 a quit smoking counsellor in person, by phone or online – they can help you create a plan for quitting smoking that works for you
- Ask about quit smoking programs at your hospital
- Get fast, free health advice or find health services over the phone or online 24/7. Visit [Health811.ontario.ca](https://www.health811.ontario.ca) or call **811** (TTY **1-866-797-0007**)
- Call or visit Talk Tobacco for Indigenous smoking and vaping support at [talktobacco.ca](https://www.talktobacco.ca) or **1-833-998-8255**
- Visit [tobacowise.com](https://www.tobacowise.com) for information about the Indigenous Tobacco Program

**Using counselling and medication together can triple your chances of quitting smoking.**



Indigenous Tobacco Program  
[tobacowise.com](https://www.tobacowise.com)





**It's never  
too late  
to quit!**

---

## 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 sold in pharmacies and some stores without a prescription, but speak to your healthcare provider about the best ways to use them
  - In the province of Ontario, there are many options for Indigenous peoples to access NRT at no cost, through:
    - Public health units
    - Aboriginal Health Access Centres
    - the Centre for Addictions and Mental Health
    - First Nations and Inuit are also eligible to receive free NRT through Non-Insured Health Benefits
    - Indigenous Navigators at the Regional Cancer Programs can help with accessing NRT
- Varenicline and bupropion
  - You need a prescription from a healthcare provider to get these drugs

---

## To help you decide the best way to quit, start by talking to:

- your healthcare provider or health centre team
- your cancer care team, including your psychosocial counsellor or Indigenous Navigator
- your local public health unit
- your pharmacist

---

## More information about quitting smoking

- Government of Ontario: [ontario.ca/page/support-quit-smoking](https://ontario.ca/page/support-quit-smoking)
- Ontario Health (Cancer Care Ontario): [cancercareontario.ca/stopsmoking](https://cancercareontario.ca/stopsmoking)
- Indigenous Tobacco Program: [tobaccowise.com](https://tobaccowise.com)
- Talk Tobacco – Indigenous smoking and vaping support [talktobacco.ca](https://talktobacco.ca) or 1-833-998-8255

**Need this information in an accessible format?**

1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca)  
Document disponible en français en contactant [info@ontariohealth.ca](mailto:info@ontariohealth.ca) |  
CQP-85350