

Facing Surgery?

Turn Your Back on Tobacco!

If you use tobacco and are facing surgery in the next 6 to 8 weeks, now is a great time to consider quitting. If you stop smoking before surgery, you will...

HEAL FASTER

FACE FEWER COMPLICATIONS

GET OUT OF BED SOONER

IMPROVE YOUR BREATHING

REDUCE THE RISK OF INFECTION

*Smokers are 80% more likely to
have a heart attack after surgery
than non-smokers.*

Try a quitting aid, such as NRT (Nicotine Replacement Therapy) or stop-smoking medication.

For free nicotine patches or gum, call HealthLink BC at 8-1-1.

Visit www.quitnow.ca