

# Reducing alcohol



Reducing how much alcohol you drink before your surgery can lower the risk of complications during and after surgery.

Stopping alcohol completely for at least 4 weeks before surgery lowers your risk of:

- increased stress on the body,
- wound infections,
- slower wound healing,
- bleeding,
- heart problems,
- anaesthetic problems,
- a longer stay in hospital, and
- other infections, like pneumonia and urinary tract infections.

The **NSW Get Healthy Service** 1300 806 258 for Aboriginal people offers free health coaching to help you to reduce the amount of alcohol you drink.

It is important to speak openly with your health care team or GP about how much alcohol you drink. They can offer you help to cut down or stop drinking alcohol.

## Resources:

- **NSW Get Healthy Service: Health coaching to help you drink less alcohol**
- **Healthdirect: Managing your alcohol intake**
- **Hello Sunday Morning**
- **The Daybreak App**

## Aboriginal specific resources:

**Your Room**