

Stopping smoking and vaping



Stopping smoking and vaping has many benefits for your surgery and recovery. The sooner you stop smoking or vaping before surgery, the more you will benefit.

Stopping smoking and vaping before surgery can help to prevent:

- wound infections,
- chest infections or pneumonia,
- bleeding,
- heart problems, and
- needing more pain medication.

Smoking and vaping includes cigarettes, e-cigarettes, vaping devices, cigars, pipes, waterpipe or shisha. It is important to tell your health care team if you smoke or vape tobacco or other substances before your surgery.

For advice and help to stop smoking and vaping:

- call the **Aboriginal Quitline** on 13 7848 and speak to an Aboriginal counsellor,
- visit the **iCanQuit** website, or
- speak to your GP or an Aboriginal Health Worker.

Resources:

- **Quit smoking before surgery factsheet**
- **World Health Organisation:**
Smoking greatly increases risk of complications after surgery
- **Shisha and vaping factsheet**
- **Give Up for Good**
- **My QuitBuddy app**

Aboriginal specific resources:

- **Unsure. Thinking of giving up?**
- **Ready to give up. Decided to give up?**