

STOP BEFORE YOUR OP

We want patients, residents, visitors, volunteers and staff to enjoy a safe, healthy and comfortable environment. That's why we're proud to be totally smoke-free.

It's just one of the ways we care for each other and the environment we work in

Stopping smoking before your operation greatly improves your chances of having a trouble free anaesthetic and the best outcome after surgery. This might also lead you to stopping smoking permanently which would improve your future health even further. The Insight Private team wants you to have the best possible operation so we are providing you with the latest facts about smoking and surgery.

Why should I stop?

By stopping smoking, you can improve your health and reduce the length of time needed for recovery and healing.

This will help you leave the hospital sooner and get back to your normal life more quickly.

When should I stop?

The more smoke-free time you have before surgery, the greater the benefits. If you can stop smoking up to 6-8 weeks before your surgery, your lungs have a chance to clear, making chest infections and more serious complications less likely.

Even stopping smoking a few days before your surgery can have positive benefits for your blood pressure and heart.

How can I stop?

Call Quitline 13 QUIT (137848). Ask to have a Quit Pack posted to you, or speak to a trained counsellor who can provide information and support to help you.

Quitline is confidential, free and is available from
8:00 am to 8:00 pm,
Monday to Friday
from anywhere in Australia.

 **Quitline. 13 7848**

Talk to your general practitioner, pharmacist or any other health Professional.



Insight
Private Hospital