



HELP US TO HELP YOU GET FIT FIRST FOR YOUR OPERATION

SUPPORT TO QUIT SMOKING



HELP US TO HELP YOU...

GET FIT FIRST FOR YOUR OPERATION

DO YOU SMOKE AND ARE YOU IN NEED OF AN OPERATION?

Find out about receiving support to stop smoking, making sure you're fit and healthy for your operation and help reduce the risk of any complications.

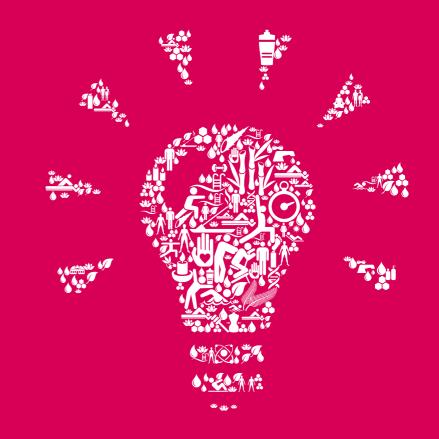
HELP US TO HELP YOU...

IMPROVE YOUR HEALTH

You may feel great, but if you're a smoker who needs routine surgery, you could be at greater risk of complications during or after your operation. The good news is these complications can often be reduced by taking care of yourself beforehand.

We know many life choices can affect long-term health, and smoking can lead to a number of serious, potentially life-threatening conditions. Barnsley Clinical Commissioning Group (CCG) has introduced a health and wellbeing programme to make sure you are in the best possible health when you go for an operation, and are able to recover better afterwards

If you are a smoker needing a routine, non-urgent operation, you will be encouraged to stop smoking to help improve your health, reduce the risks and stay healthy prior to and after your operation.



DID YOU KNOW?

If you stop smoking for more than 12 weeks, you can ask your GP practice to go for your operation earlier



DID YOU KNOW?

Being a smoker increases your risk of developing complications during and after an operation

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REDUCE POSSIBLE COMPLICATIONS

Being a smoker increases the possibility of developing complications during or after an operation. By taking care of yourself before you go for your op, you are able to reduce your risk of:

- starving your heart of oxygen
- forming blood clots in your veins
- finding it harder to breathe during and after surgery
- increasing your risk of infection
- impairing the healing of your bones, skin and wounds
- changing the breakdown of certain drugs in your body
- increasing your recovery time from general anaesthesia
- increasing your length of stay in hospital and increasing your overall healing time.

HELP US TO HELP YOU...

RECOVER FROM YOUR OP

The good news is you can reduce these risks. There are many benefits to stopping smoking prior to surgery. You will improve your heart rate and blood oxygen level. After only 6 weeks, your lungs will produce a normal amount of mucus, which will help your breathing during surgery.

If you take steps to improve your health and stop smoking, you are more likely to have:

- a faster recovery
- better wound healing
- a shorter stay in hospital
- no need for intensive care
- no need for further surgery.



GOOD NEWS

Only 6 weeks after quitting smoking, you should be able to notice an improvement in your breathing





DID YOU KNOW?

You're four times more likely to quit smoking with help

HELP US TO HELP YOU...

STOP SMOKING

Did you know you're four times more likely to stop smoking with help? By agreeing to take part in our health and wellbeing programme, you will be encouraged to contact the free stop smoking service. Yorkshire Smokefree in Barnsley will help you work out how to start your quit process, set a quit date and provide you with Nicotine Replacement Therapy (NRT) to support you and help make sure you're successful.

The Barnsley team are friendly, understanding and supportive. They will encourage you to quit and help you quit for good. You can contact them in the following ways:

- 0800 612 0011 FREE from landlines.
- 0330 660 1166 FREE from most mobiles
- Online: barnsley.yorkshiresmokefree.nhs.uk/ or www.livewellbarnsley.co.uk



QUESTIONS YOU MAY HAVE

How do I enrol on to the stop smoking service? You can find details of how to contact the stop

You can find details of how to contact the stop smoking service in this leaflet.

What happens once I have completed my health and wellbeing programme?

At the end of your 6-month health and wellbeing programme or when you have stopped smoking for more than 12 weeks, you can make a follow-up appointment with your GP practice to talk about your health and recommendations for your operation. You should remain smokefree up to the point of surgery.

What happens if I haven't managed to stop smoking after the 6-month health and wellbeing programme?

We do strongly recommend that you try to adopt a healthier lifestyle to reduce the risk of complications during and after your operation. However, if you are unable to stop smoking then you can make a follow up appointment with your GP practice to talk about your health and whether you still require a referral for your operation.

Can my doctor still refer me for tests or a consultant's opinion?

Your GP practice can still refer you for tests. If the tests reveal you need a non-urgent routine operation the hospital will write to inform your doctor. You will be encouraged to complete the 6-month health and wellbeing programme or stop smoking for more than 12 weeks prior to your referral for the operation.

What happens if my condition changes during the 6 months?

If you are concerned that your condition has got worse you should discuss this with your GP.

Are there any exemptions to the programme?

Yes, there are a number of exemptions from the health and wellbeing programme:

- Patients needing urgent or emergency surgery
- Patients undergoing surgery for cancer or undergoing tests for suspicion of cancer
- Children under 18 years of age
- Patients with a severe mental health illness, learning disability or significant cognitive impairment

- Patients referred for a diagnostic intervention e.g. endoscopy
- Patients who only use electronic cigarettes.

For more information on this programme visit: www.barnsleyccg.nhs.uk/getfitfirst



This document can also be made available in alternative languages and other formats by contacting us in the following ways:

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