

NHS

Barnsley

Clinical Commissioning Group



**HELP US TO HELP YOU
GET FIT FIRST
FOR YOUR OPERATION**
SUPPORT TO QUIT SMOKING

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



QUESTIONS YOU MAY HAVE

How do I enrol on to the stop smoking service?

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
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- 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



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

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