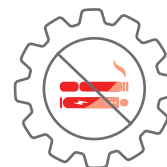


# Smoking/Vaping Cessation



Your pre-operative questionnaire indicated that you are a tobacco user.

Research shows that people who stop using tobacco at least one month before surgery have fewer problems afterwards. To be specific, when you stop using tobacco before your surgery, wounds heal faster and you have less risk of infection.

Stop vaping if you are concerned about the health risks related to vaping. Health Canada states you should not return to smoking cigarettes if you are vaping nicotine-containing products.

Unless you have indicated otherwise on the pre-operative questionnaire, a referral has been sent to a smoking cessation clinic.

## What you can do to improve your health before surgery:

- Meet with a family or clinic doctor to create a plan to quit/reduce tobacco use (or vaping). This may include taking medications such as Zyban or Champix.
- Visit your local pharmacy to receive free nicotine patches, gum, lozenges, or inhaler. You do not need a prescription but you will need to sign a declaration form.
- Visit [QuitNow.ca](https://quitnow.ca)
- Visit [HealthlinkBC.ca](https://healthlinkbc.ca) or call \*8-1-1 for more information
- Ask your Pre-Admission Clinic team for a referral to a smoking cessation clinic if you initially indicated that you did not want to be contacted. You can also call 604-875-4800 and select option 2 to make your own appointment at the VCH Smoking Cessation Clinic.

### Resources:

Smoking Cessation  
YouTube link:

<https://youtu.be/z16vhtjWKLO>



[QuitNow.ca](https://quitnow.ca)



[HealthlinkBC.ca](https://healthlinkbc.ca)





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