

## What does smoking have to do with surgery?

Did you know that smoking increases your risk of developing a post-operative wound infection, not healing well, and other respiratory and cardiac complications of surgery? This is because smoking causes your small blood vessels (capillaries) to squeeze shut and not allow oxygen to get to the areas that are healing. It also makes your tissues weaker by decreasing the amount of a substance called collagen in your skin and fascia (the strong layer between muscles), meaning that you are more likely to heal poorly. For this reason, we strongly recommend that you try your best to quit prior to surgery.

There are many Stop Smoking Support groups in the Renfrew area (see the other pdf on this website for a list of local groups).

If you would like to talk about a prescription for medications and/or products that can help you quit, you are more than welcome to bring it up at your appointment or with your family doctor.

Follow this link for suggestions of products which can help you stop smoking:

<https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/quit-smoking-products/art-20045599>