

# Leading Liverpool doctor urges smokers to 'stop before the op'



Liverpool  
City Council

Smokers awaiting operations are being urged to try and quit before their hospital stay to speed up their recovery and reduce the risk of complications

People who smoke have a high risk of developing chest infections after operations with up to 1 in 3 affected. If you quit smoking eight weeks before an operation, your risk of infection is dramatically reduced.

Non-smokers also recover quicker and have less need for oxygen therapy. Their wounds heal quicker and they have a lower risk of developing dangerous blood clots.



An information guide 'Stop before the Op' produced by Public Health, Liverpool City Council and Smokefree

Liverpool alongside Public Health teams in Sefton and Knowsley is being backed by Dr Gareth Jones, Consultant Respiratory Physician at the Royal Liverpool University Hospital, who said:

"Smoking puts stress on every part of the body and therefore whatever the type of operation, if you smoke you are more likely to experience problems at every stage."

"Before a planned operation smokers may experience delays or even have operations cancelled because of the impact smoking has on the body. During an operation smokers are often more difficult to anaesthetise and afterwards on average people who smoke require more pain relief and take longer to recover.

"Stopping smoking in the run up to an operation will help maximise the chances of things going smoothly – as well as all the other long term benefits that quitting has."



The 'Stop before the Op' guide stresses that the sooner a smoker can give up before an operation the better, though even quitting 48 hours before surgery will rid the body of nicotine and carbon monoxide.

After the first hour of giving up blood pressure and pulse rates return to normal. After eight hours, carbon monoxide will halve, while oxygen levels return to normal.

After a few weeks of giving up, food tastes better, lungs are clearer and energy levels are higher and after 12 weeks, circulation is improved.

Dr Gareth Jones continued: "Smokers in the city are 4 times as likely to quit if they engage with stop smoking services and we are fortunate that there's lots of help and support available in this area.



You don't need to do it alone. You are more likely to quit with our help.

Let us help you to quit & stay smokefree

"As well as the benefits of giving up before surgery, quitting smoking is the single most important lifestyle change anyone can make to improve their health as it will also significantly reduce the risks of cancer and heart disease.

"I've heard patients saying things like they've smoked for 40 years and there's no point in giving up. This is absolutely not true because the positive effects are immediate and can really improve people's quality of life."

Smokers in Liverpool, Sefton and Knowsley who are keen to quit can access a wide range of free stop smoking services. An extensive choice of support and products enables those keen to kick the habit to build a tailored package to become smoke free.



FOR MORE INFORMATION:

Smokefree Liverpool

0800 061 4212  
or Text QUIT to 66777

smokefree.liverpool@nhs.net  
www.smokefreeliverpool.co.uk

f Smokefree Liverpool

@SFree\_Liverpool

Smokefree Sefton

0300 100 1000  
or Text QUIT to 66777

smokefree.sefton@nhs.net  
www.smokefreesefton.co.uk

f Smokefree Sefton

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Smokefree Knowsley

0800 324 7111  
or Text QUIT to 61825

www.readytostopsmoking.co.uk

f Knowsley Stop Smoking Service

@WilmaWillpower



8 weeks 4 weeks 48 hours



Quicker Recovery

