

WHAT HAPPENS WHEN YOU QUIT?

- In 20 minutes blood pressure drops to the level it was before the last cigarette.
- In 24 hours carbon monoxide levels in the blood return to normal.
- In 24 hours the risk of a heart attack decreases.
- In 2 weeks to 3 months circulation and lung function improves.
- In one to nine months lungs regain normal function, reducing infection risk.
- By 10 years the risk of lung cancer is approximately half of a smoker. The risk of cancers of the mouth, throat, bladder, kidney and pancreas also decrease.

Using e-cigs (or thinking about it)? If you're using e-cigs but you also smoke tobacco we can help you break free of both the habit and the addiction. Talk to us.

GET IN TOUCH!

INTERESTED? CONTACT US!

Phone: 0300 123 1220

Text: QUIT to 87023

oneyou.kent@nhs.net

www.oneyoukent.org.uk

This service is delivered on behalf of Kent County Council by the NHS.

HOW DID WE DO?

Do you have feedback about our health services? Contact:

Customer Care Team

Kent Community Health NHS Foundation Trust,
Unit J, Concept Court, Shearway Business Park,
Folkestone, Kent CT19 4RJ

Phone: 0300 123 1807

8am to 5pm, Monday to Friday.

Text: 07899 903499

Email: kcht.cct@nhs.net

Visit: www.kentcht.nhs.uk

If you need communication support or this leaflet in another format, please ask a member of staff or contact the Customer Care Team.

Published: December 2017 Review date: November 2020
Leaflet code 00894 OYK-25



**STOP
BEFORE
THE OP!**

A guide to going smokefree
before your operation.

ONE YOU KENT

If you don't want to stay in hospital any longer than necessary, there's one very important thing you can do to help yourself. Go smokefree.

Quitting smoking is the **most important** step you can take to help your recovery and get home faster.

Our friendly advisers understand your needs and can help you - every step of the way. You're up to four times more likely to quit with our help!

We can even provide nicotine replacement therapy and other/prescription only medication for the cost of a prescription charge, which will more than double your chance of long-term success. If you don't pay prescription charges, they're completely free.

We know that quitting smoking can be daunting in the early days so help is readily available. Please ask to see the hospital's stop smoking adviser, or contact us directly for friendly, non-judgemental advice.

You can get support to quit before, during and after your hospital stay.

QUIT TOGETHER!

We can also provide support to friends and family to help them to go smokefree too.

STOP BEFORE THE OP AND ENJOY THESE BENEFITS:

- Increased oxygen flow to speed up the wound healing process.
- A lower risk of wound infection.
- An improved rate of bone healing.

DID YOU KNOW?

Surgery is safer for non-smokers. You will also make a speedier recovery and get home quicker than people who smoke.

WE DID IT!

Lesley Wiginton works at Gravesham Community Hospital and saw a stop smoking adviser at work. Lesley said: "I prefer one-to-one advice to a large group so making an appointment each week to see Natalie at the hospital suited me." Lesley is now smokefree and enjoying life with grand-daughter Daisy.



Roy Bevan from Margate was a 90-a-day man and was anxious about trying to quit, but with help and support from adviser Cathy he's now smokefree and feeling great. Roy says: "I can honestly say if it wasn't for Cathy I'd still be a smoker. I'd never have done it without her help."



Dave Woodger from Palm Bay has been in hospital with pneumonia three times and has developed Chronic Obstructive Pulmonary Disease after smoking for more than 60 years. Now in his 80th year he has managed to quit smoking with help from the NHS. Dave said: "I feel much fitter and healthier, and my wife says I smell better too. I wish I'd done it years ago."

