

You just don't smoke around hospitals ...

no smoking
anywhere, anytime

Smoke-free Environment Act 2000
PENALTIES MAY APPLY



Smoking, Surgery & Anaesthesia

Stop smoking at least 8 weeks before surgery

Smoking increases your risk of complications during and after surgery.

- Smoking – increases your heart rate and blood pressure
- makes it hard for your body to get enough oxygen
 - thickens blood and increases mucous in your lungs
 - decreases your resistance to infection
 - may delay the healing process

Use this opportunity to stop smoking for good. For help:

Ask: for a referral to the Quitline

Call: Quitline 137848

Visit: www.icanquit.com.au

Nicotine Replacement Therapy

- You **can not** smoke while you are a patient at this hospital.
- If you are still a smoker when admitted, ask our staff about free Nicotine Replacement Therapy (NRT) during your stay to help control cravings and nicotine withdrawal symptoms.



Health
Northern Sydney
Local Health District