

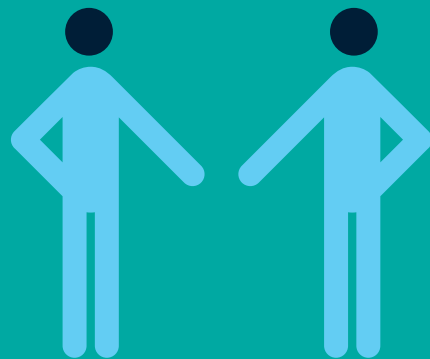
Get well sooner.

Support to stop
smoking is here
for you.



For a speedier recovery, quit smoking.

Whatever your reason for your stay in hospital, don't let cigarettes make it even longer. **Quitting before or during your hospital visit can speed up your recovery and reduce the risk of complication.**



The facts

Compared with ex-smokers and non-smokers, smokers are more likely to:

- Need more anaesthesia for all surgery which means a longer recovery time.
- Have a higher risk of chest infections after surgery.
- Have more problems with the healing of bones and wounds.
- Spend longer in the recovery room and need extra oxygen.

Improve your recovery time.

Stopping smoking weeks, if not months before your stay, is best for your recovery. But it's never too late to quit. Hospital environments are completely Smokefree, so now it's an ideal opportunity to quit smoking with the right help. After only two days of being Smokefree, carbon monoxide leaves your body and this can **improve your recovery time.**

We can help you.

Stopping smoking can be difficult, but with NHS support it is much easier and you're up to **four times more likely to quit successfully!**

We understand that different things work for different people, so your **free and confidential local NHS Stop Smoking Service in the surgery** will help you find what's right for you. You can choose from a selection of stop smoking medications and receive 1-2-1 private consultations.

To make an appointment with your Stop Smoking Adviser ask at reception today.

Because life's better Smokefree

