

# Smoking and Surgery



The Anaesthesia department comprises doctors and nurses, whose primary role is to ensure a safe and pain-free journey for patients undergoing surgery. An anaesthesia specialist keeps a close watch over every patient in the Operating Theatre, offering patient care from pre to post-surgery. Our anaesthetists also support the Intensive Care Unit and Pain Service.

## Preparing for your surgery

Research has shown that smokers are more likely to suffer from complications during and after surgery as compared to non-smokers. They are hence advised to quit smoking at least six weeks before surgery, or avoid smoking on the day of their operation.

### **For health reasons, smokers are advised to quit smoking before surgery to avoid:**

- A higher risk of lung and heart complications
- A higher risk of developing infections after surgery
- Longer hospitalisation
- Slower wound-healing



## Why quit?

Evidence show that when you quit smoking before surgery, you:

- Reduce your risk of lung, heart and wound-related complications
- Improve the healing of your wounds
- Reduce the bone fusion time needed after a fracture repair
- Shorten your stay in the hospital

In the long run, you lower your risk of lung cancer and heart disease when you quit smoking.

Within 12 hours of quitting, your heart and lungs start to function better, and nicotine and carbon monoxide levels drop to improve overall blood flow.

The small airways in your body also start to show signs of improvement as early as one month after you quit, and more visible improvements from the sixth month onwards.



## At surgery

Smokers tend to experience poorer oxygen flow to their blood and tissues during surgery. This is dangerous as our vital organs need oxygen to function. Depriving them of oxygen for even a short period of time can be dangerous and cause serious complications. For this reason, smokers often require oxygen therapy.

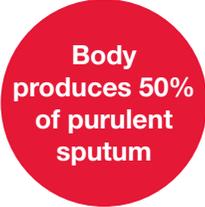
Quitting the cigarette at least 12 hours before a surgery lowers your risk of breathing problems during a procedure.



## After surgery

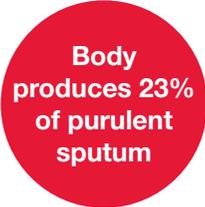
It is normal for smokers to produce purulent sputum\* after surgery. This risk is lower if you quit smoking before surgery.

### Quitting eight weeks before surgery



**Body  
produces 50%  
of purulent  
sputum**

### Quitting more than eight weeks before surgery



**Body  
produces 23%  
of purulent  
sputum**

### Quitting six months before surgery



**No difference  
from a  
non-smoker**

*\*Pus that contains white blood cells, cellular debris and other matter*

# Staying smoke-free for surgery

Surgery is a great time for you to quit smoking for good.

It makes you think about your health and how your decisions affect those around you.

A hospital is a smoke-free environment that helps you recover from a surgery and kick the habit for good.



Quitting the cigarette adds years to your life and reduces your risk of lung cancer, emphysema and heart disease. Your loved ones too, will benefit from your decision to stay smoke-free.

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 6716 2000 Fax: 6716 5500

[www.juronghealth.com.sg](http://www.juronghealth.com.sg)

### Clinical and appointment line hours (closed on Sundays and public holidays)

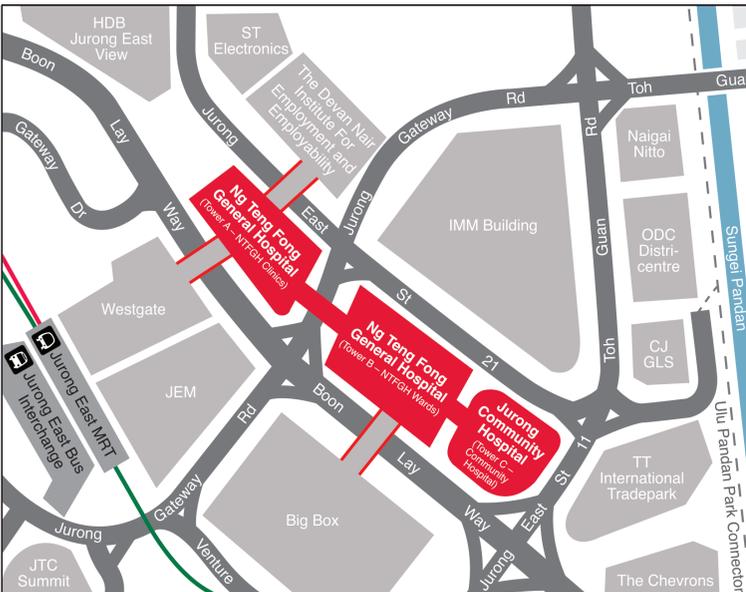
For appointments, please call 6716 2222

Monday - Friday 8.00am - 5.30pm, Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233

Monday - Thursday 8.00am - 5.30pm, Friday 8.00am - 5.00pm

## Getting there



### By train

Jurong East MRT Station

### By bus

#### From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M,

160, 183, 197, 333, 334, 335, 506

#### Along Boon Lay Way

SBS 99, Private bus service 625

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.