

SURGERY SMART QUIT TO PREP

Dear _____,

As you plan for your surgery and consider your health, you should do all you can to be healthy. This can help ensure the best outcome after your surgery. Surgery SMART: Quit to Prep is a national initiative that can help prepare you for surgery. When you prepare, you may increase the chances for the best results.

Smoking makes it harder to heal after surgery. It may:

- Lengthen your healing time and hospital stay^{1,2}
- Increase your chance of wound infection³
- Increase your chance of pneumonia, unplanned intubation, and ventilation for over 48 hours⁴
- Increase your chance of having a heart attack or stroke⁴
- Slow the healing of your bones⁵

Quitting smoking can be tough. Staying quit is tougher. But Surgery SMART has resources to help you quit before your surgery, and stay quit after. These include:

- **Breaking the Habit Now**
This brochure may help you see the benefits of quitting before surgery and staying quit long term.
- **Quitter's Circle®***
News, resources, and tips are available for those who want to quit smoking and their supporters. Visit www.quitterscircle.com for more information.
- **Plan-to-Quit Cards**
These tools are designed to help you prepare for quitting. Visit Plan My Quit at www.planmyquit.com/McLaren for more information.

When you come for your next visit, you will meet with a healthcare professional who can help you make a plan to quit. Quitting smoking is one of the best things you can do to improve your health. Please take this opportunity to quit smoking for good.

Sincerely,

Dr. _____



*Quitter's Circle is brought to you by Pfizer and the American Lung Association. Quitter's Circle is a registered trademark of Pfizer Inc.

References: 1. Theadom A, Cropley M. Effects of preoperative smoking cessation on the incidence and risk of intraoperative and postoperative complications in adult smokers: a systematic review. *Tob Control*. 2006;15(5):352-358. 2. Furlong C. Smoking cessation and its effects on outcomes of surgical interventions. Barnet PCT and London Health Observatory. January 2005. 3. Sorensen LT, Karlsmark T, Gottrup F. Abstinence from smoking reduces incisional wound infection: a randomized controlled trial. *Ann Surg*. 2003;238(1):1-5. 4. Turan A, Mascha EJ, Roberman D, et al. Smoking and perioperative outcomes. *Anesthesiology*. 2011;114(4):837-846. 5. Canale ST, Kelly FB, Daugherty K. Smoking threatens orthopaedic outcomes. *AAOS Now*. 2012;6(6). <http://www.aaos.org/news/aaosnow/jun12/cover2.asp>. Accessed April 14, 2017.

