



# How does stopping help my surgery?

Stopping smoking has numerous benefits for your health and is the single biggest measure you can take to improve your overall health. These benefits directly impact how your body copes with and recovers from your surgery.

## Heart rate

Your heart rate is a measure of how hard your heart is working. It is monitored closely during surgery and is crucial to keeping your condition stable.



**20 minutes**

20 minutes after your last cigarette, your heart rate begins to normalize back to your personal baseline.

## Blood pressure

Blood pressure is the force at which blood is squeezed around the body. Too high can lead to excessive bleeding during your surgery.



**2 hours**

Two hours after your last cigarette, your body starts to return to your baseline normal blood pressure, reducing the load on the heart and organs.

## Carbon monoxide

A toxic molecule that limits your ability to exchange oxygen in the lungs, leaving you short of breath and tired.



**8 hours**

Eight hours after your last cigarette, your levels of carbon monoxide start to return to normal, improving breathing and energy levels.

## VO2 Max

This is how we measure your capacity for exercise. It is one of the single biggest predictors of adverse outcomes during surgery.



**2 weeks**

Two weeks after your last cigarette, your heart and lungs become more efficient and you will find exercise becoming easier.

## Cardiac risk

Smoking causes excessive strain on your heart. Under the stress of surgery, a smoker's heart will cope less well than that of a non-smoker.



**1 year**

One year after your last cigarette and your heart is now working in the absence of the harmful effects of smoking. Your risk of having a heart attack has halved.

## How else does smoking affect my body for surgery?

Smoking affects how well your blood flows through the narrowest vessels in your body. When blood struggles to reach key areas (such as your surgery wound) it means that you may not be receiving key nutrients for repair and healing of the wounds. In addition to this, your blood supply provides your body's natural defense against harmful microbes. If this is impaired, it will lead to a higher risk of infection.

