

Butt Out Before Surgery



If you use tobacco and are facing surgery in the next 6 to 8 weeks, now is a great time to consider quitting. If you stop smoking before surgery, you will...

HEAL FASTER

*FACE FEWER
COMPLICATIONS*

GET OUT OF BED SOONER

*IMPROVE YOUR
BREATHING*

*REDUCE THE RISK
OF INFECTION*

Try a quitting aid, such as NRT (Nicotine Replacement Therapy) or stop-smoking medication.

For free nicotine patches or gum, call HealthLink BC at 8-1-1.

Visit www.quitnow.ca

Turn Your Back on Tobacco!



BC Cancer Agency
CARE + RESEARCH
An Agency of the Provincial Health Services Authority



northern health
the northern way of caring



Canadian
Cancer
Society
BRITISH COLUMBIA AND YUKON