

# Abstaining from tobacco and alcohol before and after surgery

## You can affect the success of your operation

Proper preparation is a key component of successful surgery. The better shape you are in physically, the greater your chances of getting the most out of your operation.

Eating healthy, staying as fit as possible, and keeping away from tobacco and alcohol both before and after surgery lower the risk of serious complications. Your body will have maximum resources to handle the operation itself, as well as convalescence and rehabilitation.

### Smoking

Using tobacco increases your risk of complications. The incision will heal better if you refrain from smoking for 4-8 weeks both before and after surgery. That will also reduce your risk of cardiac or pulmonary infections.

**If you refrain from smoking for 4-8 weeks both before and after surgery, your body will have the best possible chance of fully recovering.**

### Things to keep in mind

- Stay away from tobacco completely and your surgery will work best
- Simply cutting back will not do you any good. We do not recommend that you switch to snuff or e-cigarettes
- Medication that contains nicotine or that promotes smoking cessation is the wiser choice.

## Alcohol

Frequent or excessive use of alcohol increases the risk that you will experience complications from surgery. Researchers have not yet determined how little alcohol you can drink and still be safe.

**If you avoid drinking alcohol for 4-8 weeks both before and after surgery, your body will have the best possible chance of fully recovering.**

That will also reduce the risk of haemorrhage, wound infections and problems with healing of the incision, as well as cardiac and pulmonary issues.

## Would you like some assistance?

Support is available (see below) if you have trouble staying away from tobacco or alcohol on your own.

### Smoking

- Smoking cessation services at your local health centre
- Quit Smoking Hotline (<http://www.slutarokalinjen.se>)
- <http://www.1177.se>

### Alcohol

- Your local health centre
- Alcohol Hotline (<http://www.alkohollinjen.se>)
- <http://www.1177.se>

## Do you have any questions?

Either the clinic that is scheduled to perform your surgery or your local health centre will be glad to answer your questions about a healthier lifestyle.

Find out more about healthy habits at [www.1177.se](http://www.1177.se)

**Surgery is a golden opportunity for you to upgrade your lifestyle and begin to feel better all the way around**