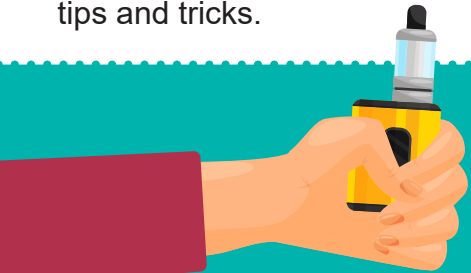


## WHAT HAPPENS WHEN YOU QUIT?

- In 20 minutes blood pressure drops to the level it was before the last cigarette.
- In 24 hours carbon monoxide levels in the blood return to normal.
- In 24 hours the risk of a heart attack decreases.
- In 2 weeks to 3 months circulation and lung function improves.
- In one to nine months lungs regain normal function, reducing infection risk.
- By 10 years the risk of lung cancer is approximately half of a smoker. The risk of cancers of the mouth, throat, bladder, kidney and pancreas also decrease.

## VAPING (OR THINKING ABOUT IT)?

If you're already vaping but also smoke tobacco we can help you break free from smoking with expert tips and tricks.



As well as a variety of free nicotine replacement products, One You Kent can give you an e-cigarette starter kit alongside support from your adviser (subject to availability and eligibility).

## GET IN TOUCH!

### INTERESTED? CONTACT US!

Phone: 0300 123 1220

Text: QUIT to 87023

[oneyou.kent@nhs.net](mailto:oneyou.kent@nhs.net)

[www.oneyoukent.org.uk](http://www.oneyoukent.org.uk)

This service is delivered on behalf of Kent County Council by the NHS.

### FOLLOW US



## HOW DID WE DO?

Do you have feedback about our health services? Contact:

### Patient Advice and Liaison Service

Phone: 0800 030 4550, 8.30am to 4.30pm, Monday to Friday

Text: 07899 903499

Email: [kentchft.PALS@nhs.net](mailto:kentchft.PALS@nhs.net)

Web: [www.kentcht.nhs.uk/PALS](http://www.kentcht.nhs.uk/PALS)

### Patient Advice and Liaison Service (PALS)

Trinity House  
110-120 Upper Pemberton  
Ashford, Kent TN25 4AZ

If you need communication support or this leaflet in another format, please ask a member of staff or contact the Customer Care Team.

Leaflet code: 00894 OYK-25



**STOP**  
**BEFORE**  
**THE OP!**

Your guide to  
**GOING SMOKEFREE**  
**BEFORE AN**  
**OPERATION.**

**ONE YOU KENT**

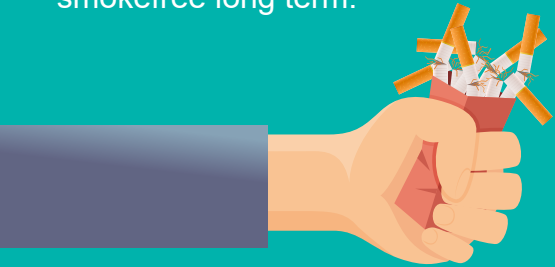
If you don't want to stay in hospital any longer than necessary, there's one very important thing you can do to help yourself.

**Go smokefree.**

Quitting smoking is the most important step you can take to help your recovery and improve your long-term health.

Our friendly NHS advisers offer free, non-judgemental support. You're up to four times more likely to quit with our help!

We provide nicotine replacement therapy free of charge this doubles your chance of staying smokefree long term.



Support is available on a one-to-one or group basis at various venues across Kent. We also offer telephone and video appointments.

Please ask your health professional to make a referral to your local NHS stop smoking service, or contact us directly.

## **STOP BEFORE THE OP AND ENJOY THESE BENEFITS:**

- Increased oxygen flow to speed up the wound healing process.
- A lower risk of wound infection.
- An improved rate of bone healing.



### **DID YOU KNOW?**

Being a non-smoker means surgery is safer, your recovery will also probably be faster, meaning you get home quicker.