

Are you waiting for an operation? Stop for your Op!

Stop Smoking Wales provides free, friendly NHS support for smokers who want to stop before their operation.

You are four times more likely to quit if you use our service than going it alone

What are the benefits of giving up smoking before my op?

- Wounds will heal more quickly
- Less chance of developing a chest infection
- A lower risk of developing blood clots
- Less need for pain relief after surgery
- Reduced risk of complications during and after the operation
- Faster recovery time
- Less time spent in hospital

What do we offer?

- Seven weekly appointments at the same time and same place each week
- Appointments available during the day and early evening in local community venues
- Expert behavioural support delivered by a trained Stop Smoking Advisor
- Information on Nicotine Replacement Therapies, Champix™ and Zyban™

It does not matter if you have tried to give up before because your upcoming operation gives you the perfect reason to try again.

To find out more about the service or to book an appointment, please contact us using the details below.

Freephone


0800 085 2219

Visit: www.stopsmokingwales.com

Email: stopsmoking@wales.nhs.uk

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 @StopSmokingW

 StopSmokingWales



**Rhoi'r gorau iddi ar gyfer
eich llawdriniaeth**

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