

Smoking and Orthopaedic Surgery

At the Department of Trauma and Orthopaedics at St George's we encourage our patients to not smoke and we provide support to those who wish to stop smoking. If you have any questions or concerns, please speak to a doctor or nurse caring for you.

Why is cigarette smoke harmful?

There are over 7,000 chemicals found in cigarettes and cigarette smoke, the majority of these are toxic and at least 69 cause cancer. Every lit cigarette carries harmful chemicals into the smoker, into the air and into the body of anyone near to the smoker.

- Methanol - Rocket Fuel
- Acetic Acid – Vinegar
- Nicotine – Insecticide
- Toluene - Industrial Solvent
- Butane - Lighter Fluid
- Hexamine - Barbecue lighter
- Acetone - Paint Stripper, Nail Varnish
- Cadmium – Batteries
- Carbon monoxide
- Arsenic – Poison
- Benzene - Petrol Fumes
- Ammonia - Toilet Cleaner
- Stearic Acid - Candle Wax

What are the benefits of not smoking?

If you are having surgery stopping smoking before or after your operation will:-

- Improve the healing of broken bones, allowing for faster recovery
- Reduce your risk of post-operative infection and improve wound healing
- Reduce your risk of heart and lung complications
- Reduce your risk of requiring time in the intensive care unit
- Reduce the length of your hospital stay and the amount of medication you may need
- Reduce your risk of emergency re-admission.



Smoking can:-

- Delay fracture healing and increase the risk of wound infections
- Decrease bone density, increasing the risk of fractures (osteoporosis)
- Increase the risk of cancer of the lung and multiple other parts of the body
- Damage the heart and blood vessels increasing the risk of heart attack and stroke
- Damage the lungs leading to chronic obstructive pulmonary disease (COPD).

Can I smoke in the Hospital?

Smoking is not permitted on any trust premises. This includes all the buildings and grounds (car parks, gardens, perimeter road).

There are no designated smoking areas within the grounds. If you wish to smoke you will need to leave the trust grounds.

Can I use E-cigarettes instead?

E-cigarettes have been found to be much less harmful than smoking cigarettes by up to 95%. There is also no evidence of harm caused by second hand vapour. Many people in the UK have stopped smoking with the assistance of e-cigarettes.

E-cigarettes are permitted to be used on the grounds but you are not allowed to use an e-cigarette within any of the buildings or wards.

You are not permitted to re-charge an e-cigarette within the trust buildings.

E-cigarettes are not provided free by the trust or the NHS; you will need to purchase your own device.

If you need further advice on using an e-cigarette please contact the stop smoking service (details below).

What will we do to help?

Inpatients

We can offer support to temporarily abstain or assist with quitting, this includes:-

- One to one visits with the stop smoking support team
- Advice and Support to manage cravings and withdrawal symptoms
- Provision of Nicotine Replacement Therapy.

Outpatients, Visitors and Staff

- Contact the stop smoking support team (details below)
- Attend one of the clinics provided at St. George's Hospital or Queen Mary's Hospital for information and support
- Contact your local stop smoking service.

How can I contact the St George's Stop Smoking Team?

Inpatients:

- Ask a member of staff to refer you
- Telephone: 020 8725 4234 or bleep 6246
- Email: stghtr.smokerssupportteam@nhs.net
smokingcessation@stgeorges.nhs.uk

Useful sources of information

With professional help you are four times more likely to quit smoking for good.

Further information and support can be obtained from:-

- National stop smoking advice line: 0300 123 1044
- 9am to 8pm Monday to Friday and 11am to 4pm Saturday and Sunday
- www.stopsmokinglondon.com
- www.nhs.uk/smokefree

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.