



HÔTEL-DIEU GRACE
ESTD HEALTHCARE 1888

YOU ARE NOT ELIGIBLE IF YOU CURRENTLY SMOKE

This is a message from the surgeon's who perform the Bariatric Surgeries.

The emphasis is placed on this addiction.

Many people think they should still be able to have bariatric surgery because they may have had other surgeries while smoking, or that one or two cigarettes occasionally should not count as smoking...

You are not eligible for this surgery if you smoke cigarettes at this time.

Smoking has devastating effects on the body both before and after surgery by not allowing for adequate amounts of oxygen to get to the body:

- compromises **lung** and **heart** function (increases risk lung and heart complications)
- affects **circulation** by constricting blood vessels and making blood sludgy
- increases risk of **blood clots**
- compromises **healing time**
- Surgeons will absolutely not do surgery on anyone who has not been smoke-free. Smoke free means "no tobacco at all. Not even the occasional one." This also includes chewing tobacco, cigars, vapes, hookah pipes and street drugs.

After surgery, you must not begin to smoke again: smoking has been found to be one of the major causes of ulcers in the pouch.

Seek assistance from your family doctor or community health agency to stop smoking.

Dr. prescribed medication like Champix, Zyban etc, or over the counter products like Nicorette gum or Nicoderm patches must be completed and well out of your system prior to entering the program.

Electronic cigarettes, smokeless cigarettes, and nicotine vaporizers do not discourage the habit of smoking.

You must stop now.

- When you have made the decision to stop smoking and are **truly smoke free for 6 months, you will need to contact us to book your appointments** – you will be required to give a urine sample upon entrance to the program.
- No new referral is needed if smoke free within one year of referral.
- Your assessment process will stop and you will be discharged if you are found to be still smoking while in the program.
- Some doctors do random urine testing. If your urine comes back positive for nicotine you will be discharged. There have been cases where surgery has been cancelled because the patient was "cheating" with 1 or 2 cigarettes a day resulting in discharge.