

Why We Ask You To Be Tobacco Free While at CPH

At Central Peninsula Hospital we are committed to providing a healing environment for our patients, staff and the community. To preserve the health of our patients, visitors and staff, all of CPH's buildings and grounds are tobacco free.

If you are currently a smoker, **you will be provided with nicotine patches and other smoking cessation support while you are a patient.** E-cigarettes will not be provided nor permitted as nicotine replacement while you are a patient. We will do everything we can to make your stay as comfortable as possible. After discharge, call 1-800-QUIT-NOW for free nicotine replacement therapy and nurse counseling for you and your family.



For Patients Having Medical Procedures: _____

- There are possible complications for smokers when they have surgery under general anesthesia. This is why surgeons ask patients who smoke to stop smoking as early as two weeks before surgery if possible.
- Smokers are more likely than non-smokers to develop pneumonia after an operation.
- Smokers are more likely to get infections and their healing usually takes longer.
- Smokers undergoing surgery to fuse bones together have a chance of not healing properly.
- Smoking is the most common cause of poor birth outcomes.

What else might help to decrease cravings and anxiety during my stay? _____

- Ask your nurse about aromatherapy offerings for reducing anxiety and cravings.
- Healing Touch can be ordered by your nurse to help increase relaxation and promote healing. Call ext. 4500.
- Music channels on your in-room television can help to create a more relaxing atmosphere.