About this Shared Decision-Making Aid

**Topic:** Perioperative Smoking Cessation

**Source:** Mayo Clinic Shared Decision Making National Resource Center


**Description:** This decision-making aid was developed by Mayo Clinic in collaboration with researchers from Mayo Clinic’s Knowledge and Evaluation Research (KER) Unit to facilitate discussion around smoking cessation in the perioperative setting.

**Resources for Implementing Shared Decision-Making Aids:**

- 5 Barriers, Facilitators of Shared Decision-Making; Becker’s Hospital Review: [https://www.beckershospitalreview.com/quality/5-barriers-facilitators-of-shared-decision-making.html](https://www.beckershospitalreview.com/quality/5-barriers-facilitators-of-shared-decision-making.html)

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Quit for good.

Reasons you might choose to quit for good.
Good things about quitting for good

- Having surgery increases the chances I will succeed in quitting
- I will heal better after surgery
- I will add years to my life

Bad things about quitting for good

- I enjoy cigarettes
- It can be hard to quit

*If you have thought about quitting for good, there is no better time than now that you are having surgery.*
Quit for a bit.

Reasons you might choose to quit smoking around the time of surgery.
Good things about quitting for a bit

• Better healing after surgery
• Helps circulation
• No or mild cigarette cravings before and after surgery

Bad things about quitting for a bit around the time of surgery

• Cigarettes may help me cope with surgery
• I have other things to worry about
• Quitting can be hard

Just like you don’t eat on the morning of surgery, don’t smoke — and stay off cigarettes for at least one week after your surgery.
Continue to smoke.

Reasons you might choose not to quit.
Good things about continuing to smoke

- I enjoy it
- It relaxes me
- It helps me cope

Bad things about smoking around the time of surgery

- Healing problems after surgery
- Breathing problems during surgery
- Circulation problems during and after surgery

You may choose to keep smoking, but remember that you cannot smoke while you are in the hospital for your surgery.