

# Quitting Tobacco for Prehab

## Quitting Tobacco

Stopping smoking before surgery has many benefits such as:

- Improved wound healing
- Lower the risk of blood clots
- Clearer airways and better breathing
- Lower chance of infections
- Reduced risk of needing intensive care

With every week or month that you've been smoke free before surgery, you improve your chances of having a healthy recovery. Learn more [About Stopping Smoking Before Surgery](#). Quitting smoking is challenging and you do not have to do it alone. There are many resources available to support you.

<b>Group Support</b>	<p><b>QuitCore</b> is a FREE 6 session group support program that provides:</p> <ul style="list-style-type: none"><li>• Virtual, in-person and telephone options</li><li>• Support, tools and tips to help you stop using tobacco</li></ul> <p>Call the AlbertaQuits Helpline at <b>1-866-710-7848</b> to register for a group.</p>
<b>Phone Support</b>	<p>The <b>AlbertaQuits</b> helpline provides:</p> <ul style="list-style-type: none"><li>• Free, confidential, and nonjudgemental support for all Albertans</li><li>• Translation services</li><li>• Counsellors who will help you deal with cravings and stay motivated.</li></ul> <p>Call <b>1-866-710-7848</b>. Open from 8 a.m. to 8 p.m. seven days a week.</p>
<b>Text Support</b>	<p><b>Alberta Health Services</b> provides:</p> <ul style="list-style-type: none"><li>• Free 3-month text messaging program</li><li>• Motivational messages and tips sent to your cellphone</li><li>• Text service with a live chat feature with counsellors</li></ul> <p>This service is for those who are ready to set a quit date within the next 30 days or have recently quit.</p> <p>Text the word ABQUITS to number <b>123456</b> to register.</p>
<b>Counselling Support</b>	<p>Your healthcare provider might offer one-to-one counselling service to help you quit smoking. Ask your doctor or pharmacist about trying medicine or nicotine replacement therapy (NRT). Combining medicine or NCT with counselling or group support can increase your chances of success.</p>

For more information: [Getting Help - Alberta Quits](#)

March 2026



Questions?  
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