



## Interventions for preoperative smoking cessation effective

### Clinical question

How effective are preoperative interventions on smoking cessation at the time of surgery and 12 months postoperatively, and on the incidence of postoperative complications?

### Bottom line

Based on indirect comparisons and evidence from 2 small trials, interventions that begin 4 to 8 weeks before surgery and which include weekly counselling, and nicotine replacement therapy, are more likely than standard care to have an impact on complications and on long-term smoking cessation. None of the studies reported any adverse effects of preoperative smoking intervention.

### Caveat

This review included 8 studies addressing smoking cessation but only 5 of them addressed postoperative complications. Six trials testing brief interventions increased smoking cessation at the time of surgery, but failed to detect a statistically significant effect on postoperative morbidity. The optimal preoperative intervention intensity remains unknown.

### Context

Smokers have a substantially increased risk of postoperative complications. Preoperative smoking intervention may be effective in decreasing this incidence, and surgery may constitute a unique opportunity for smoking cessation interventions.

### Cochrane Systematic Review

Thomsen T et al. Interventions for preoperative smoking cessation. Cochrane Reviews, 2010, Issue 7. Article No. CD002294. DOI: 10.1002/14651858.CD002294.Pub3.

*This review contains 8 studies involving 1156 participants.*

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