



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Alcohol & Smoking

Alcohol

When thinking about our alcohol intake, it is important to assess how much and when we drink. The recommended limit is 14 units per week, this is equivalent to 5 pints of 5% lager, 6 glasses of 13% wine or 15 single gin and tonics.

For more information on alcohol intake visit: www.drinkaware.co.uk

If you feel you need to speak to someone about your alcohol intake or other recreational drugs speak to the Gwent Drugs and Alcohol team on the following number: 0333 999 3577

Or free phone the 24 hour helpline: DAN 0808 808 2234 or text DAN to 81066
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Alcohol in excess can affect the liver, kidneys and heart. This results in increased risk of bleeding, infection and slower wound healing. Even within limits, lowering your alcohol intake will improve your overall fitness.

Smoking

Many people use this time to stop smoking or switch to nicotine alternatives. It can be much easier to quit when there is a goal insight.

Beginning to cut down or stop smoking now will have major benefits when you approach your surgery. If you stop smoking 8 weeks before your surgery, you will reduce your risk of post-operative breathing problems by 3 times. Even stopping 72 hours before surgery will clear the carbon monoxide out of your system and allow for better oxygenation of your blood.

Long term conditions

Optimising control of conditions like high blood pressure and diabetes will have profound benefits in and out of hospital. Stopping smoking and living a healthier life will help achieve this. Speak to your GP about controlling your chronic conditions.



Furthermore, smoking is prohibited in hospital so getting accustomed to nicotine alternatives may make the post-operative days in hospital more comfortable.

To start a smoker free life, you can follow:

<https://smokefree.gov/>

**This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg**