

# Smoking and low back pain

## Why quit smoking?

Smoking can slow down and interfere with the healing of bones, skin and other body tissues, meaning that recovery from a back injury can be slower (or less complete) if you smoke.

To learn more about facts that show quitting smoking is the right choice, and ideas about how to quit, link to: [Quit SA](#)

## Smoking and surgery

If you believe that your back problem may lead you to need an operation you will improve your chances of a successful result and minimise many risks of surgery by quitting smoking.

If you continue to smoke, you will have much higher risks for complications during and after surgery. Doctors strongly recommend stopping smoking at least eight weeks before an operation.

For further information on the benefits of quitting smoking in the lead-up to surgery, link to: [Quit SA](#).

## Quit SA

Quit SA is the main provider for programs that promote and support quitting. Information, planning and continued support during your next quit attempt may increase your chances their chances of quitting for good.

To contact Quit SA call the Quitline: 137848

This free service provides 24-hour access to self-help materials, and referral to a trained Quitline adviser. Or go to their website here: [Quit SA](#).

## Cessation services available include:

### 12 Week Quitline Program

Quitters who speak to an adviser can enrol in the 12 week program of proactive callbacks to support them during the most difficult period.

### Quit Coach

This is a free online computer program. Participants are asked questions and then given ideas and suggestions to help quit smoking and stay quit. Visit their website here: [Quit Coach](#).

### Quit on Q

Quitline has a SMS messaging program that sends several free text messages each day to help participants through the process of quitting smoking.

---

## For more information

Web: [www.sahealth.sa.gov.au/lowbackpain](http://www.sahealth.sa.gov.au/lowbackpain)

Document updated: September 2021



Government  
of South Australia

**Health**  
Central Adelaide  
Local Health Network



<http://www.gilf.gov.au/>