

# ALCOHOL AND YOUR SURGERY

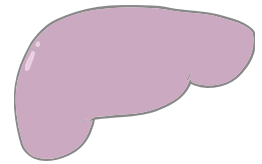
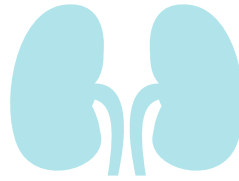
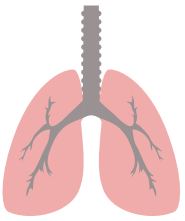
## ALCOHOL'S EFFECT ON YOUR SURGICAL HEALTH

### WHAT ARE THE RISKS?\*

- Increased risk of surgical complications
- Pain management difficulties
- Problems with anesthesia
- Medication interactions

### WHO IS AT RISK?

WOMEN WHO HAVE 8+ DRINKS PER WEEK  
MEN WHO HAVE 15+ DRINKS PER WEEK

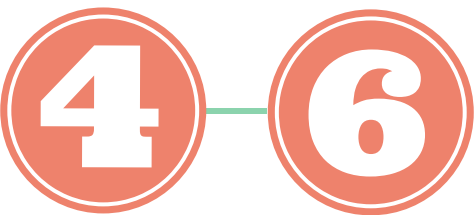


### HOW DOES ALCOHOL AFFECT HEALTH?

Daily or near-daily alcohol use negatively impacts every major organ system including your heart, lungs, liver, kidney, and immune system.

### WHAT CAN YOU DO?

TAKE CONTROL OF YOUR SURGICAL HEALTH BY FOLLOWING THE 4-6 RULE



#### **4-6 RULE**

To make your surgery as safe as possible, we recommend you abstain from alcohol for 4 weeks before and for 6 weeks after surgery.

# TIPS AND RESOURCES

## ALCOHOL AND YOUR SURGERY

### ALCOHOL USE REDUCTION STRATEGIES



- Remove alcohol from your home
- Avoid situations where you know you will be tempted to have a drink
- Seek support from a friend or loved one
- Make a commitment to yourself and decide to stick with it
- Remind yourself you want to be as healthy as possible for your surgery
- Ask your doctor about what is safe and best for you

### WITHDRAWAL RISK

Seek Medical advice if you drink heavily on a daily or near-daily basis. It can be dangerous to abruptly stop alcohol use. If you experience Anxiety, Tremors/Shaking, Headache, Nausea, Vomiting, Insomnia, Sweating, Hallucinations, or Seizures when you stop drinking, you should only stop alcohol use with medical supervision. You could be at risk for life-threatening alcohol withdrawal complications.

### RESOURCES

SAMSHA'S NATIONAL HELPLINE  
1-800-662-HELP (4357)  
TTY: 1-800-487-4889

### CONTACT INFORMATION

Stanford Addiction Medicine Clinic  
650-498-9111

Stanford Cancer Center  
650-498-6000