



QUITTING SMOKING

- Smoking increases your risk of problems during and after your operation especially respiratory ones.
- Quitting 4-6 weeks before your operation and staying smoke-free 4 weeks after it can decrease your rate of wound complications by 50%.
- Quitting permanently can add years to your life.

Prepare for your Quit Day

1. Pick the date and mark it on your calendar.
2. Tell friends and family about your Quit Day.
3. Get rid of all the cigarettes and ashtrays in your home, car, and place of work.
4. Stock up on oral substitutes (sugarless gum, carrot sticks, hard candy, straws and toothpicks).
5. Decide on a plan. Will you use nicotine replacement.
6. Practice saying "No thank you, I don't smoke".
7. Set up a support system with family member or a friend who has successfully quit. Ask those who smoke not to smoke around you.
8. Bupropion or varenicline, take your dose each day of the week leading up to your Quit Day.
9. Think back to your past attempts to quit. Try to figure out what went wrong.

Your Quit Day

1. Do not smoke. This means none at all - not even one puff!
2. Keep active. Try walking, exercising, or hobbies.
3. Drink lots of water and juices.
4. Begin using nicotine replacement if that is your choice.
5. Attend a stop-smoking class or follow your self-help plan.
6. Avoid situations where the urge to smoke is strong.
7. Avoid people who are smoking.
8. Reduce or avoid alcohol.
9. Think about how you can change your routine. Use a different route to go to work, drink tea instead of coffee, eat breakfast in a different place, or eat different food.

Dealing with Withdrawal

- Nicotine replacement and other medicines can help reduce many of the physical symptoms of withdrawal. Most smokers find that the bigger challenge is the mental part of quitting.
- If you have been smoking for any length of time, smoking has become linked with nearly everything you do-waking up in the morning, eating, and drinking coffee. It will take time to "un-link" smoking from these activities, which is why, even if you are using a nicotine replacement, you may still have strong urges to smoke.

