

# YOU CAN QUIT SMOKING

## YOUR GUIDE TO QUITTING BEFORE SURGERY

Quitting smoking and stopping use of any form of nicotine (like vaping or chewing tobacco) is one of the best things you can do to help your body recover after spine surgery.

## QUITTING IS CRITICAL



Smoking, or using anything with nicotine, makes it harder for your body to heal. It can slow down how fast you get better and make it easier to get an infection. If your doctor plans to do a spine surgery called a bone fusion, smoking can make it less likely to work. Your doctor might not be able to do the surgery, and some insurance companies may not pay for your surgery if you're still smoking or using nicotine.

**You don't have to quit alone. There are free resources and support to help you quit!**

## PERSONALIZED SUPPORT

Get **FREE** Confidential Counseling & Support from the Tobacco Quitlink

**DOUBLE** your chances of quitting.

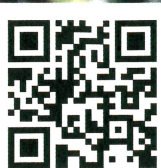
www

Enroll Online  
[michigan.quitlogix.org](http://michigan.quitlogix.org)

Or Call  
**1.800.QUIT.NOW**



MI TOBACCO  
**Quitlink**



## MEDICATION OPTIONS

Consult your doctor to determine the appropriate treatment options and dosing.

### BUPROPION

May also be called generic  
**WELLBUTRIN®** or **ZYBAN®**



#### PROS / CONS

- ✓ Easy to use.
- ✓ Pill form.
- ✓ Few side effects.

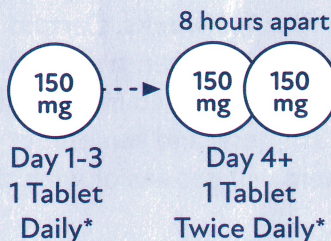
- × May not be good for people with certain medical conditions like high blood pressure or seizures.\*

#### HOW TO USE\*

Start 1-2 weeks before goal quit date. It will take this long to feel the effects of the medication.

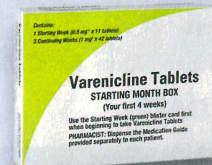
Can be used with other treatments (gum, patch, nasal spray, lozenge, and inhaler). Use for at least 12 weeks.

Notes



### VARENICLINE

May also be called generic  
**CHANTIX®**



#### PROS / CONS

- ✓ Easy to use.
- ✓ Pill form.
- ✓ Significantly reduce cravings.

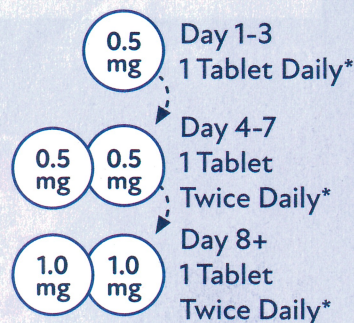
- × Can cause nausea, mood changes, and abnormal dreams.\*

#### HOW TO USE\*

Start 1 week before goal quit date. It will take this long to feel the effects of the medication.

Take with food and water. Use for at least 12 weeks.

Notes



\*Many people are eligible to receive free quit medications through the Quitlink. Remember to tell your coach that you can not have any form of nicotine including nicotine replacement therapy (gum, patch, lozenge, etc).



## BUILD YOUR QUIT PLAN

**What is your WHY?** What is your #1 reason for wanting to quit?

Research shows that people are much more likely to successfully quit if they have time to prepare. **Pick a date and time to be your quit date.**

**DATE:**

**TIME:**

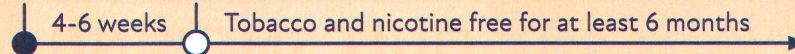
At this date and time I will completely quit smoking.

**YOUR SIGNATURE**



## WHEN SHOULD I QUIT?

Quit date      Surgery



### 4-6 weeks before your spine surgery.

We encourage you to stay tobacco and nicotine free for the rest of your life. Quitting can add years to your life, help you feel better, and save money. At the very least, it is important to remain tobacco and nicotine free for at least 6 months after surgery to prevent infection and help your bone fusion to heal.

## PREPARING TO QUIT

Check off or list the things you plan to do to prepare to quit.

- ☐ Pick a quit date
- ☐ Tell family and friends who are part of my quit support team
- ☐ Enroll in the Michigan Tobacco Quitlink
- ☐ Plan for triggers

- ☐ Talk to my doctor about starting a quit medication
- ☐ Get rid of tobacco products
- ☐ Prepare healthy distractions (go for a walk, chew gum, find ways to keep your hands busy)

## QUIT SUPPORT TEAM

I will share this plan with these people so that they can support me while I am quitting:

**NAME:**

**CONTACT:**

## HANDLING TRIGGERS

Cravings for nicotine are usually the worst in the first 1-3 weeks. Certain situations or activities can trigger these cravings. Use this space to make a plan for handling triggers, and remember that managing them will get easier with time!

## WHEN I CRAVE NICOTINE, I WILL:

(ex. chew gum while driving)

