

QUIT SMOKING START HEALING

Quitting smoking and stopping use of any form of nicotine is one of the best things you can do to help your body recover after joint replacement surgery.

Smoking or using nicotine can:

- **Slow down recovery**
- **Make it easier to get an infection**

Your surgeon's office will work with you to confirm that you are nicotine free before surgery.

WHEN SHOULD I QUIT?

6 or more weeks before your joint replacement surgery.

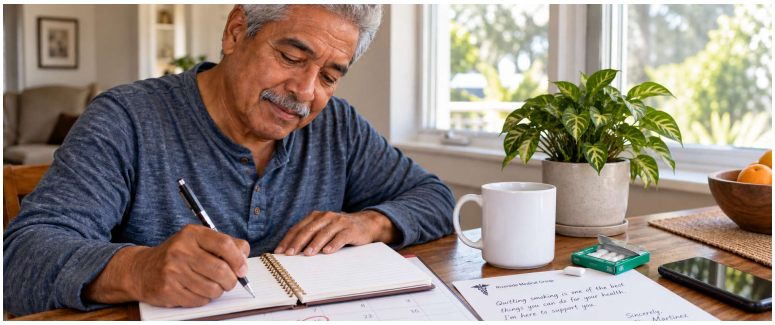


It is important to remain tobacco and nicotine free for at least 6 months after joint replacement surgery to prevent infection and help your wound heal. We encourage you to quit for the rest of your life. Quitting can add years to your life, help you feel better, and save money.

Quit date → **Surgery**

6+ weeks nicotine free

Stay tobacco and nicotine free for at least 6 months



MAKE A QUIT PLAN

- ○ **Pick a quit date** _____
- ○ **Get rid of all tobacco and nicotine products**
- ○ **Tell family and friends who will support you**
- ○ **Prepare healthy distractions (walk, chew gum, find ways to keep your hands busy)**
- ○ **Enroll in the Michigan Tobacco Quitlink**
  When you enroll, tell your counselor that you cannot use nicotine products. Ask about non-nicotine quit medications if you need more support.
- ○ **Schedule/take a nicotine test 2 weeks after last nicotine use**

PERSONALIZED SUPPORT

MI TOBACCO Quitlink

Get FREE Confidential Counseling & Support

DOUBLE your chances of quitting.

Enroll Online
michigan.quitlogix.org

Or Call
1.800.QUIT.NOW

Visit the link above or scan the QR to learn more

MARCQI
Michigan Arthroplasty Registry Collaborative Quality Initiative

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