Quit for good.

Reasons you might choose to quit for good.
Good things about quitting for good

• Having surgery increases the chances I will succeed in quitting
• I will heal better after surgery
• I will add years to my life

Bad things about quitting for good

• I enjoy cigarettes
• It can be hard to quit

If you have thought about quitting for good, there is no better time than now that you are having surgery.
Quit for a bit.

Reasons you might choose to quit smoking around the time of surgery.
Good things about quitting for a bit

- Better healing after surgery
- Helps circulation
- No or mild cigarette cravings before and after surgery

Bad things about quitting for a bit around the time of surgery

- Cigarettes may help me cope with surgery
- I have other things to worry about
- Quitting can be hard

Just like you don’t eat on the morning of surgery, don’t smoke — and stay off cigarettes for at least one week after your surgery.
Continue to smoke.

Reasons you might choose not to quit.
Good things about continuing to smoke

- I enjoy it
- It relaxes me
- It helps me cope

Bad things about smoking around the time of surgery

- Healing problems after surgery
- Breathing problems during surgery
- Circulation problems during and after surgery

*You may choose to keep smoking, but remember that you cannot smoke while you are in the hospital for your surgery.*