



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.

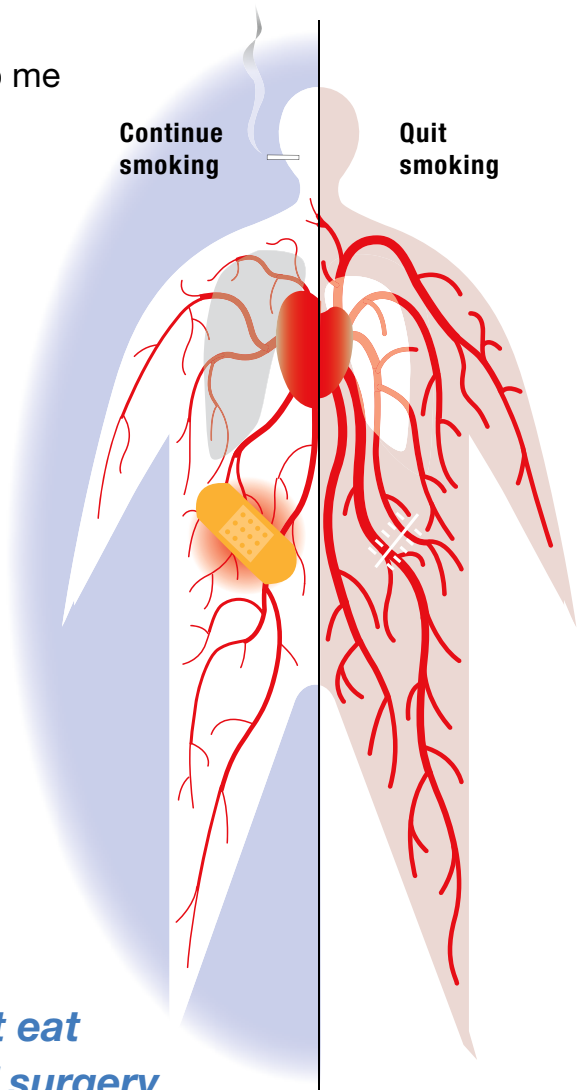


Good things about quitting for a bit

- 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

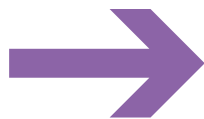


Just like you don't eat on the morning of surgery, don't smoke – and stay off cigarettes for at least one week after your surgery.



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.