

Quit Smoking

Before Your Operation

Your Action Plan. Doing Your Part for the Best Surgical Recovery.

My quit day is: _____

Pick the day and mark your calendar.



Getting Help	My Action (Write in boxes below)
Call the quit line.	1-800-QUIT-NOW or 1-800-784-8669
Decide on a plan, like using nicotine replacement or going to a smoking cessation class.	My plan instead of smoking:
If you use varenicline or bupropion, take your dose each day leading up to your quit day as instructed.	Start date for medication:
Ask your friends and family to support you.	Who will help:
Remove all tobacco products from your home, car, and work.	I got rid of tobacco on: Sign:
Stock up on oral substitutes like gum or hard candy, carrot sticks, or straws.	What I like to chew on:
Think about any previous quit attempts and what worked and what did not.	What worked: What did not work:
On Your Quit Day	My Action (Write in boxes below)
Keep busy and active. Drink lots of water or fruit juice.	What I am doing instead:
Rely on your friends and family for encouragement.	Who is helping?
Avoid being around other smokers at first as much as possible.	I feel comfortable around:
Avoid alcohol or coffee if you associated them with smoking.	I need to avoid:
Change your routine and avoid situations where there is an urge to smoke.	What do I like to do when there is no smoking?

"I Can Quit" Plans _____

This information is provided by the American College of Surgeons (ACS) to educate you about preparing for your surgical procedure. It is not intended to take the place of a discussion with a qualified surgeon who is familiar with your situation. The ACS has endeavored to present information for prospective surgical patients based on current scientific information; there is no warranty on the timeliness, accuracy, or usefulness of this content.

**SURGICAL PATIENT
EDUCATION PROGRAM**
Prepare for the Best Recovery