

## *Quitting Smoking before Your Operation: Helpful Hints to Success*

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### Preparing to Quit

1. Identify your reasons for quitting.
2. Set a quit date, usually within 10 days to several weeks. If you smoke at work, try quitting on a weekend. If you smoke mostly while relaxing or socializing, quite on a week day.
3. Identify your barriers to quitting (a spouse that smokes, you've relapsed before due to depression or weight gain, etc.).
4. Make specific plans ahead of time for dealing with temptations and identify coping mechanisms that work for you (such as taking a walk or calling a friend).
5. Get cooperation and support from family and friends.
6. Medications are available to help you reach your goal. Should this be of interest to you, please contact your primary care physician immediately.
7. Join a Tobacco Cessation Support Group/Program.

### Skills to Help You Cope

1. For the first few days after you quit smoking, spend as much free time as possible in public places where smoking is not allowed (such as libraries, malls, museums, theatres, and churches).
2. Don't drink alcohol, coffee, or other drinks you associate with smoking. Try drinking water and fruit juices.
3. If you miss the feeling of having a cigarette in your hand, put a substitute in your hand (a pencil, paper clip, coin, marble, etc.).
4. If you miss the feeling of having something in your mouth, try toothpicks, cinnamon sticks, or celery.
5. Anticipate future situations/crises that might make you want to smoke again and remind yourself of all the important reasons you decided to quit.
6. Remember your goal and the fact that the urges to smoke will eventually pass.
7. Brush your teeth.

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8. Do brief bursts of exercise (alternate tensing and relaxing muscles, pushups, deep knee bends, walk up a flight of stairs, or touch your toes).
9. Eat several small meals during the day instead of 1-2 large ones. This maintains constant blood sugar levels and helps prevent the urge to smoke. Avoid sugary or spicy foods that may trigger a desire for a cigarette. Nibble on low-calorie foods such as carrot and/or celery sticks, apples, and etc.
10. Call a supportive friend, family member, or counselor.
11. REWARD YOURSELF. Plan to do something fun for doing your best!

## Staying Smoke-Free

<u>Withdrawal Symptoms</u>	<u>How to Stay Smoke Free</u>
Cravings for Tobacco	<ul style="list-style-type: none"><li>• Distract yourself</li><li>• Do deep-breathing exercises</li><li>• Realize that cravings are brief</li></ul>
Irritability	<ul style="list-style-type: none"><li>• Take a few, slow deep breaths</li><li>• Soak in a hot tub</li></ul>
Insomnia	<ul style="list-style-type: none"><li>• Take a walk several hours before bed</li><li>• Avoid beverages with caffeine after noon</li><li>• Unwind by reading for awhile</li><li>• Take a warm bath</li><li>• Eat a banana or drink warm milk</li></ul>
Increased Appetite	<ul style="list-style-type: none"><li>• Drink water or low-calorie liquids</li><li>• Make a personal survival kit: Include straws, cinnamon sticks, coffee stirrers, licorice, toothpicks, gum, or fresh vegetables</li></ul>
Inability to Concentrate	<ul style="list-style-type: none"><li>• Take a brisk walk</li><li>• Simplify your schedule for a few days</li><li>• Take a break</li></ul>
Fatigue	<ul style="list-style-type: none"><li>• Get adequate sleep each night</li><li>• Take a nap</li><li>• Try not to push yourself for 2-4 weeks</li></ul>
Constipation, Gas, Stomach Pain	<ul style="list-style-type: none"><li>• Drink plenty of fluids</li><li>• Gradually change your diet</li><li>• See a dietician</li><li>• Add fiber to your diet: Fruit, raw vegetables, whole grain cereals</li></ul>
<small>*Source: Mayo Clinic Medical Services, Stop Smoking Services (2001-2006)</small>	

**Tobacco Use Cessation Programs/Help Resources**

1. Telephone Support Nationwide: 1.800.QUIT.NOW
2. Online Cessation Program: The American Lung Association: Freedom from Smoking Online; or call 1.800.586.4872
3. American Cancer Society: 1.800.227.2345
4. Chat Room: [www.quitnet.org](http://www.quitnet.org)
5. Baltimore City Health Department Smoking Cessation Program:
  - a. Classes meet once a week for 6 weeks
  - b. Evening and Saturday classes are available
  - c. Classes available at three different locations
  - d. Nicotine patch available for active participants
  - e. Classes are FREE with no cost attached
  - f. Participants must remain committed for the entire sessions
  - g. Contact: Theresa Ogide-Alaeze, 410.396.1438