

# Quitting Helps You Heal Faster

Your hospital visit is a great time to quit smoking.

## Why should I quit now?

Smoking may slow your recovery from surgery and illness. It may also slow bone and wound healing.

All hospitals in the United States are smoke free. You will be told NOT to smoke during your hospital stay – now is a great time to quit!



## How do I quit in the hospital?



Talk to your doctor or other hospital staff about a plan for quitting. Ask for help right away.

Your doctor may give you medicine to help you handle withdrawal while in the hospital and beyond.

## Helpful hints to stay quit

Ask your friends and family for support.

Continue your quit plan after your hospital stay.

Make sure you leave the hospital with the right medicines or prescriptions.

If you “slip” and smoke, don’t give up. Set a new date to get back on track.

For help in quitting smoking, call the National Cancer Institute’s Smoking Quitline toll free: 1-877-44U-QUIT.



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