

# QUIT WITH WAKEMED

## WAKEMED TOBACCO CESSATION PROGRAM

### Quitting Smoking & Vaping Before Surgery Is a Key Step toward Better Health and Faster Recovery

Quitting all nicotine products – including vapes, smokeless tobacco and cigarettes – before surgery can:

- Improve healing.
- Lower infection risks.
- Reduce anesthesia complications.
- Speed up recovery.

### Why It Matters

**Reduced Complications** – The use of tobacco and nicotine products impair healing, increase your infection risk, and can complicate anesthesia.

**Faster Recovery** – Your body heals better and faster when nicotine is removed.

**Improved Circulation** – Nicotine reduces blood flow. Quitting restores healthy circulation for healing.

**Better Lung Function** – Tobacco and vape use harm lungs, increasing respiratory risks during and after surgery.

**Lower Blood Clot Risk** – Nicotine increases clotting risk. Quitting helps prevent dangerous post-operative clot.

### Support That Works

**Nicotine Replacement Therapy (NRT)** – Patches, gum, lozenges or nicotine spray help ease withdrawal and lower your cravings and urges.

### Prescription Medications

- **Chantix (varenicline)** – Reduces cravings and withdrawal symptoms while blocking the pleasurable effects of nicotine.
- **Wellbutrin (bupropion)** – Helps reduce nicotine cravings and withdrawal symptoms.

## INFORMATION FOR SURGERY PATIENTS

### Supporting Your Quit Journey for a Safer, Healthier Recovery

*QUIT with WakeMed* is a comprehensive program designed to help you quit tobacco and nicotine for good – including smoking, vaping and smokeless tobacco. Our team offers personalized tools, therapies and support, proven to be more effective than quitting alone.

**Behavioral Therapy** – Talking with a counselor can help you cope with the psychological aspects of quitting.

**One-on-One Coaching** – Personal help for you on your journey to manage your unique cravings, triggers and stressors.

### How WakeMed Can Help

*QUIT with WakeMed* is insurance-covered and available by video through MyChart. Our expert team is here to help you quit safely and confidently before surgery.

Need Help? Call 919-350-QUIT (7848)

### Additional Resources

#### North Carolina Quitline

Free, 24/7 expert support

1-800-QUIT-NOW | [quitlinenc.com](http://quitlinenc.com)

#### American Lung Association

[lung.org/quit-smoking](http://lung.org/quit-smoking)

#### National Cancer Institute

[Smokefree.gov](http://Smokefree.gov)

### Final Encouragement

Every day without nicotine improves your recovery and long-term health. It is never too late to quit.

No matter where you are in your quit journey, you're not alone. WakeMed is here to support you every step of the way.

TO LEARN MORE

919-350-QUIT (7848) OR [WAKEMED.ORG/QUIT](http://WAKEMED.ORG/QUIT)

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