

QUIT NOW

Fasting from tobacco even just 24 hours prior to surgery has benefits.

KEEP IT UP!

You will not be able to smoke while in the hospital. We can help you refrain from smoking when you get home.

SET A GOAL

Try setting a 10 day goal and use resources and support to help you achieve it! We can connect you with free support.

LAPSES ARE NOT FAILURE

It often takes multiple attempts to successfully quit. Don't give up!



Designed by
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1.800.QUIT.NOW

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LEARN MORE

