Heal Better Feel Better

Put healing ahead of tobacco.

DID YOU KNOW?

Tobacco can make it harder for your body to heal from surgery.

Every tobacco-free day helps.

Tobacco Cessation

Looking to DOUBLE your chances of quitting?

Talk with your care team about prescription quit-smoking medications, such as varenicline and bupropion, to see if they're right for you.

OVER THE COUNTER OPTIONS

- **Nicotine Patch:** For once-daily support during nicotine withdrawal
- **Nicotine Gum:** For those who want more control when cravings strike
- **Nicotine Lozenge:** For fast craving relief without the need to chew

For personalized guidance:

sign up for support through the Quitlink

www.michigan.quitlogix.org



Healing looks different for everybody.

Talk with your care team about what's safe and can help you heal stronger after surgery.

Find more tips and tools at **www.heal-better.org.**

MSQC
MICHIGAN SURGICAL QUALITY COLLABORATIVE

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