

HOSPITAL  
FOR  
**SPECIAL  
SURGERY**



# Your Pathway to Recovery

Managing Smoking Cessation for Healing



*Developed by :*

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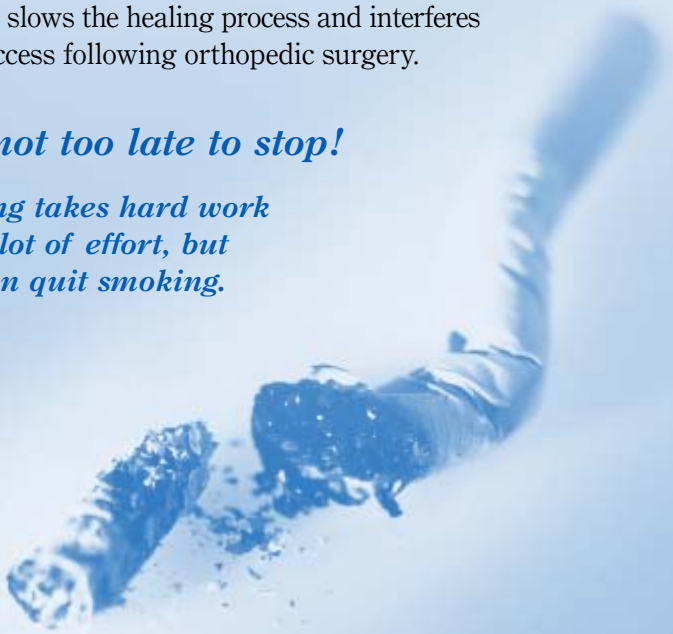
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## *Introduction*

Tobacco use has been associated with many illnesses including heart, lung and several forms of cancer. But, did you know that smoking also has a negative impact on musculoskeletal health? Smoking has been determined to adversely affect bone mineral density, lumbar disc health, the risk of sustaining wrist and hip fractures, low back pain and the dynamics of bone and wound healing. In essence, tobacco use impedes bone healing. It is shown through research that a non-smoker can build 1cm of bone in 2 months, but a smoker requires 3 months to build the same amount. Like other tissues and organs in our body, our bones require nutrients, oxygen and minerals that are supplied via the bloodstream. Smoking elevates the level of nicotine in our blood and causes our blood vessels to constrict to as much as 25%. This lack of vital oxygen severely slows the healing process and interferes with success following orthopedic surgery.

*It is not too late to stop!*

*Quitting takes hard work  
and a lot of effort, but  
you can quit smoking.*



## *The Five Steps for Quitting*

- 1. Prepare yourself*
  - 2. Get support*
  - 3. Learn and adapt new behaviors*
  - 4. Consult with your physician for medication usage, and vitamins/homeopathic supplements if needed*
  - 5. Be prepared for relapse or difficult situations*
- 

### *Step #1: Prepare Yourself*

- Set a quit date-smoking is not permitted during your hospital stay, this is a great time to quit for good.
- Change your environment get rid of all cigarettes and ashtrays within your home, work, and car environment. – Do this before you come in for surgery.
- Do not let people smoke in your home. Breathing second hand smoke can also impact with your recovery.
- Once you quit, do not smoke – *NOT EVEN A PUFF!!!!*

### *Step #2: Get support*

- Tell your friends and family that you are quitting and need their support. Ask them not to smoke around you or leave cigarettes out.
- Talk to us, the healthcare team.
- Get individual, group, or telephone counseling. Counseling is a wonderful support. The more counseling you have the better your chances of quitting. Programs are provided at local community hospitals and health centers. Call your local health department for more information about programs in your area.

## Available Support Resources:

We offer a Smoking Cessation Program at our Integrative Care Center. This 6 week program consists of auricular (on the ear) acupuncture, auricular magnet therapy and hypnotherapy. For more information please call Gina Kearney at (212) 224-7924.

The HSS Integrative Care Center is located at:

635 Madison Avenue, 5th Floor, New York, NY 10022.

### Book:

*No If's, And's or Butts, The Smoker's Guide to Quitting*, by Harlan M. Krumholz and Robert H. Phillips (Avery Publishing Group, 1992) is a comprehensive and detailed guide to the many and varied strategies that have helped people to break the smoking habit.



### New York State Department of Health

(Call to receive a free Support Packet)

Smoker's Quit Line 1(888) 609-6292

### American Lung Association / American Cancer Society

1740 Broadway, 14th Floor 1(212) 315-8700  
New York, NY 10019

1599 Clifton Road, NE 1(404) 320-3333  
Atlanta, GA 30329

### American Heart Association / National Cancer Institute

7272 Greenville Avenue 1(800) 422-6237  
Dallas, TX 75231 1(800) 242-8721

### ***Step #3: Learn and adapt new behaviors***

Each time you feel the urge to smoke say “STOP” to yourself. Repeat reasons why you need to quit. (Example: You need to heal from surgery.) Sip water or ice, chew gum, use a toothpick, brush your teeth. Perform isometric exercises, get up and go for a walk. Perform your deep breathing exercises. (Use your incentive spirometer.) *STOP YOURSELF FROM SMOKING.*

### ***Step #4: Consult with your physician for medication usage, and vitamins/homeopathic supplements (if needed)***

Medication can help decrease the urge to smoke. There are various forms of medication to help: patch, nasal spray, inhaler, or gum. Your physician can help to prescribe some form of medication to help you. Vitamins/homeopathic supplements can help with nicotine withdrawal and help support your immune system.

### ***Step #5: Be prepared for relapse or difficult situations***

- Relapse usually occurs within the first 3 months after quitting. Do not get discouraged. It takes most people several times before quitting smoking.
- Avoid being around others who smoke.
- Avoid drinking alcohol.



*It is a very difficult task to quit smoking.  
You need to be determined and focused to  
achieve your goal of smoke free for life!  
This is a life long commitment.*

### **Tips to Stay Healthy during Quitting Time**

- Drink 8-10 8 oz. glasses of water daily
- Focus on your diet. Eat healthy. Incorporate 5 servings of fruit and vegetables each day.
- Stay Active. Perform your postoperative exercises as prescribed. Perform deep breathing exercises:
  - Inhale through your nose – hold for 3-5 seconds...
  - Relax and exhale through your nose.
- Walk for Relaxation, Walk for Exercise, Walk for Fitness.

There is no safe level of smoking. Stop making excuses, the time to quit is now. Prepare yourself now for a healthy recovery. Take control of your health and healing.

***You Can Do It!!!! You are not alone.  
Support is available.  
Just reach out and grab it!!!!!!***

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