



SMOKING INCREASES YOUR RISK OF COMPLICATIONS and decreases the chance of an excellent outcome...

Many studies have documented the damaging effects of smoking with regard to the musculoskeletal (bone, joint, muscles, tendon and ligament) systems. Patients undergoing orthopedic surgery that smoke have a higher complication rate and more difficulty healing their bone and wounds. This makes the risk of complications higher and the chance of an excellent outcome lower. If you are a smoker, we strongly recommend that you stop smoking and avoid nicotine products before your orthopedic procedure. It is good for your bones and joints and good for your health in general!

For assistance in stopping smoking, we suggest the following resource provided by the Arkansas Department of Health:

Arkansas Tobacco Quitline

One of the most important calls a tobacco user can make is to the Arkansas Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669). It is confidential, and it is free!

When tobacco users call, they will receive:

- Free, confidential, non-judgmental expert support from a Quit Coach® to help make a plan to quit tobacco
- Ongoing Quit Coach® support via phone or online, tailored to the specific needs of all tobacco users, including smokeless tobacco users. Women who are pregnant are eligible for a specialized cessation program with additional benefits.
- Unlimited access to Web Coach™, an interactive, online community that offers tools to quit, social support and information about quitting.
- Customized, motivational e-mails sent throughout the quitting process.
- Help with identifying the best cessation aid, as well as the dose and duration. Some aids can be mailed directly to the tobacco user's home, including free patches and lozenges (while supplies last).
- Referral to local community resources and/or benefits offered through employers or health plans.
- Printed Quit Guides - A series of workbooks that offer guidance and support throughout the quitting process.

The Arkansas Tobacco Quitline is available seven days a week, 24 hours a day. Services are available in English, Spanish and additional languages as needed, including Marshallese.