



# Quitting Smoking

## Center for Plastic Surgery

*There are three components to continued smoking:*

- The habit of putting something in your mouth.
- The nicotine habit. (This is NOT a true addiction.)
- Thinking of yourself as a smoker.

*To stop smoking, you must overcome all three of these problems.*

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***Change the habit of putting a cigarette in your mouth!***

- ◇ Do a diary and record when or why you smoke. Frequently there is a definite pattern.
- ◇ Determine what you can substitute for the cigarette.
  - ◆ Use something like a toothpick or straw that can substitute for the cigarette.
  - ◆ Use something like chewing gum and a written puzzle to substitute for hand & mouth use.
  - ◆ Don't worry about creating a new habit. Whatever you do, it is better than smoking.

***Break the Nicotine habit!***

- ◇ Count and log the cigarettes you smoke daily.
- ◇ Make a plan of which cigarettes you will not smoke each day.
- ◇ Mark the first day you expect to be off Cigarettes with a large "X" on the calendar.
- ◇ Smoke two (2) less cigarettes each day until you get to ten (10) per day.
- ◇ Smoke one (1) less cigarette each day until you get to zero. (This is far cheaper and more effective than the patches, inhaler or gum.)

***Think of yourself as a nonsmoker.***

- ◇ Daydream of all the smells that you can smell since you quit smoking.
  - ◇ Think of how GOOD food smells and tastes since you quit.
  - ◇ Think of your lungs thanking you for setting them free.
  - ◇ Think of your skin no longer struggling to ward off the effects of the sun, and finally breathing easy again.
  - ◇ Think of those facial wrinkles no longer forming at such a rapid rate.
  - ◇ If all else fails, notify Dr. Buchanan and request Zyban®, an antismoking pill. (This often helps, but does not provide complete support without all the other things listed here.)
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***Further Tips to help you quit:***

- ◇ Remember, if you are tempted to start smoking again – you'll only have to go through all this agony another time!
- ◇ Cultivate your pride in controlling a habitual behavior. Be proud of your "won't power" ("I won't smoke"). You'll be ashamed to let a habit get the better of you.
- ◇ Tell your family & all your friends you are quitting and have them help you stick to it.
- ◇ Use the buddy system. Quit with a friend. Support each other in kicking the habit.
- ◇ Do not empty the ashtray. As it fills you are reminded of what was happening in your lungs.
- ◇ Give yourself the money you would have spent on cigarettes. Save it for something special. Reward yourself.
- ◇ Once you quit, put away or throw away your ashtrays and lighters.
- ◇ Notice how you are less often short of breath. Remind yourself why.

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