



## Summary

- It is vital to stop using tobacco products if you have a fusion operation.
- You must quit at least 30 days prior to the surgical procedure.
- You must stay off nicotine products until your fusion is solid.
- Your fusion is destined to failure if you use tobacco products.
- In our experience, gimmicks such as patches, gum, pills and hypnotism are not very useful.
- Anyone can quit using tobacco products, all they need is to use their own will power.
- Choose the day you are going to stop using tobacco at least two weeks in advance.
- When the big day arrives you must throw all tobacco products away.
- If you can make it through the first two days you are well on your way to being a non-tobacco user.
- By repeating the same thing you will create a self-fulfilling prophecy over the two-week period of time.
- Using tobacco just once will result in you returning to the use of tobacco in very short order.
- Many have found this to be the easiest method and it's free.

For more information on how to quit smoking visit [www.smokefree.gov](http://www.smokefree.gov).



## HOW TO STOP USING TOBACCO PRODUCTS



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## Why You Should Stop Tobacco Use

Tobacco does many harmful things to your body.

There is good evidence that tobacco users are more likely to have back and neck problems than non-tobacco users.

**If it has been recommended that you have a fusion operation it is vitally important that you stop using all tobacco products.**

- You must quit at least 30 days prior to the surgical procedure.
- You must stay off nicotine products until your fusion is solid.

After the 30 days, it will be quite apparent to you that quitting is one of the best things you have ever done for yourself.

There are many different poisons in tobacco smoke. No one really knows what all the poisons do to your body.

We do know that:

- Your fusion is destined to failure if you are smoking.
- Nicotine itself has been shown to retard healing of fractures and fusions in animals.

**For this reason it is not acceptable to be using nicotine in any form at the time of surgery.**

It is important to do what is best to improve the odds of having a good result from surgery. Part of this is the patient's responsibility.

- Why have an operation and sabotage your own result?
- No one can guarantee a solid fusion but we can virtually guarantee a non-union and a bad result in the face of tobacco use!
- In our experience, gimmicks such as patches, gum, pills and hypnotism are not very useful.
- If you think that a "crutch" is going to do the work for you the result will be a failure.

**We have found that anyone can quit using tobacco products, if they really want to, and all they need is to use their own will power.**

## The Method

- Choose the day you are going to stop using tobacco at least two weeks in advance.
- Repeat to yourself at least several times per day that you are going to quit on that date.
- When the big day arrives you must throw all tobacco products away.
- By repeating the same thing over and over again you will create a self-fulfilling prophecy over the two-week period of time.
- If you can make it through the first two days you are well on your way to being a non-tobacco user.
- The trick at that point is to never use tobacco again.
- It is truly a very powerful addiction.
- Using tobacco just once will result in you returning to the tobacco in very short order.
- You must avoid tobacco the way alcoholics must avoid alcohol.
- We have had many patients quit their tobacco habit using this method.
- You just need to have some faith in yourself.

**Many have found this to be the easiest method they have ever tried, and even better is the fact that it is free.**