

DRAFT

To Be Clean, Sober and Free

Congratulations for being tobacco free since your recovery start date. Since beginning your recovery, your body has already begun to heal from tobacco use.

Did you know that in:

20 minutes	Your blood pressure will drop back down to normal
8 hours	The nicotine in your body from tobacco use begins to leave
48 hours	Your sense of taste and smell begin to return
72 hours	Your throat begins to relax and your energy level will increase
5-10 days	Your cravings for smoking have begun to decrease heart rate begins to return to normal
1 to 2 months	Your lung function begins to improve and lung capacity improves,. Former smokers may notice less coughing and shortness of breath
3-6 months	For the next several months after quitting, circulation continues to improve
After 9 months	The delicate, hair-like structures inside the lungs known as cilia have begun to return. The cilia help push mucus out of the lungs and help fight infections
After 1 year	One year after quitting smoking, a person's risk for coronary heart disease decreases by half. This risk will continue to drop past the 1-year mark to that of a non-smoker

By staying tobacco-free, you will improve your recovery from alcohol and other drugs. If you would like to stay clean, sober and tobacco-free there are a few things you can do:

Use your time here to make a fresh **START** by:

Setting a recovery start date;

Telling family, friends, and co-workers that you plan to continue your recover from tobacco, alcohol and other drugs;

Anticipate triggers and use your coping skills while in recovery;

Remove tobacco products, lighters, ashtrays, and other reminders to make your home, car, and work tobacco-free;

Talk to your doctor, pharmacist, or health care provider about tobacco treatment medication options, *before* and *after* your discharge.