

Recovery Symptoms After Quitting Smoking

Irritability

- **Reason:** Your body is getting rid of thousands of chemicals found in tobacco.
- **How to cope:** Drink liquids to flush out the chemicals.

Dry Mouth or Bad Taste in Your Mouth

- **Reason:** The lining of your mouth is being replaced with fresh, healthier tissue.
- **How to cope:** Sip water or fruit juice.

Cough or Sore Throat

- **Reason:** The normal clearance mechanism of your lung is healing.
- **How to cope:** Do deep breathing, take brisk walks or suck on cough drops.

Dizziness or Headache

- **Reason:** Your body is getting used to working with less than or without nicotine.
- **How to cope:** Get lots of fresh air, take long walks, get extra rest or try a nicotine replacement aid.

Hunger

- **Reason:** Your appetite is no longer suppressed. Your senses of taste and smell are coming back.
- **How to cope:** Eat healthy snacks with texture, taste and crunch.

Nervousness or Lack of Concentration

- **Reason:** Your body is getting used to working with less than or without nicotine.
- **How to cope:** Do relaxation and/or physical exercises, take hot baths or showers, avoid alcohol or try a nicotine replacement aid.

Sweating

- **Reason:** Your nerve endings are returning to normal.
- **How to cope:** Take lots of baths or showers, wear cooler clothes or get lots of fresh air.

Constipation

- **Reason:** The lack of nicotine reduces the adrenaline made by your body. This slows your bowel movements.
- **How to cope:** Eat more fiber (such as whole grains, fruits and vegetables) and drink more water.

Bleeding Gums

- **Reason:** The reason is unknown. The bleeding usually goes away within two months of quitting smoking.
- **How to cope:** Use mouthwash and see your dentist if the bleeding doesn't stop.

Leg Pains, Stiffness or Leg Tingling

- **Reason:** The circulation in your legs is getting better.
- **How to cope:** Raise your feet, massage your legs, eat more potassium (such as bananas) or take warm baths.

Changes in Sleep Patterns

- **Reason:** Your body is getting used to the loss of stimulants found in cigarettes.
- **How to cope:** Get extra sleep and exercise every day.

Fatigue/Sleepiness

- **Reason:** Your body is getting used to working with less than or without nicotine.
- **How to cope:** Do relaxation exercises, eat or drink less caffeine, exercise often or try a nicotine replacement aid.

