

How Your Body Recovers After Quitting Using Tobacco

Irritability

- **Reason:** Your body is getting rid of thousands of chemicals found in tobacco. You are no longer being artificially relaxed from nicotine.
- **How to cope:** Drink liquids to flush out the chemicals. Do relaxation exercises. Get more sleep.

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 plain or flavored waters.

Cough, Phlegm or Sore Throat

- **Reason:** The cilia (small hair-like particles) begin moving residue (phlegm) out of your lungs.
- **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 or no 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 and senses of taste and smell are coming back.
- **How to cope:** Eat healthful snacks with texture, taste and crunch.

Nervousness or Lack of Concentration

- **Reason:** Your body is getting used to working with less or no nicotine.
- **How to cope:** Do relaxation exercises, take hot baths or showers, do not drink alcohol, or try a nicotine replacement aid.

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Sweating

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

Constipation

- **Reason:** Nicotine relaxes your intestines. The lack of nicotine tightens this up. This slows your bowel movements.
- **How to cope:** Eat more fiber (such as whole grains, fruits and vegetables) and drink more water. Talk with your doctor or pharmacist about using over-the-counter laxatives until your body readjusts.

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 either increase your activity or exercise regularly.

Did You Know?

Tobacco makes anxiety and depression worse.

Fatigue or Sleepiness

- **Reason:** Your body is getting used to working with less or no nicotine.
- **How to cope:** Do relaxation exercises, eat or drink less caffeine, exercise often or try a nicotine replacement aid.

Need Help?

Go to allinahealth.org/quit or scan the QR code to learn more about quitting and to find resources to help you quit.



This information is based on data from the Minnesota Heart Health Program.