

# Congratulations

## You're one step closer to being smokefree



**Now that you've been referred to the Quitline, you are joining thousands of other people who have been supported by their Quit Specialists to stop smoking.**

**Quit Specialists understand that quitting can be tough and will make sure their support meets your needs. This service is confidential and the best thing – it's free of charge.**

### **What happens next?**

A friendly Quit Specialist will telephone you in the next few days. They can answer any questions you have, offer tips and advice, and will ask for information about your smoking to work out a plan that's just right for you. This call typically lasts 10–20 minutes.

### **You can also:**

- ask for an interpreter
- ask to speak with an Aboriginal Quit Specialist
- decide if you'd like a Quit Specialist to continue supporting you with another call.

### **In case you miss the call from Quitline or don't hear from them within a week:**

- call Quitline directly on 13 7848, or
- contact your referring dental clinic to follow it up.

In the meantime,  
visit [quit.org.au](https://quit.org.au) to learn  
more about quitting.

Quitline 13 7848

There are many benefits to quitting smoking, and a lot of these involve your **mouth, teeth and gums.**



- 1 Lower your risk of mouth cancer.
- 2 Lower your risk of severe gum (periodontal) disease.
- 3 Be able to choose from a wider range of treatment options best suited to you, and enjoy greater treatment success.
- 4 Keep your teeth and gums healthier for longer.
- 5 Heal better after oral surgery and if you need teeth taken out.
- 6 Have better salivary flow, so your mouth won't feel as dry.
- 7 Be able to taste and smell better. Your breath will improve too.
- 8 Never have to worry about new tobacco stains on your teeth.

**Remember, see your oral health professional straight away if you have a mouth ulcer or sore that doesn't go away after two weeks, or if you find any unusual lumps or red or white areas in your mouth.**

DENTAL CLINIC DETAILS