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CHRONOLOGY OF BENEFICIAL EVENTS AFTER SMOKING CESSATION :

Stop Smoking Recovery Timetable

Dr A K BAGGA

Time since cessation	Signs /Symptoms
20 minutes	Your blood pressure, pulse rate, and the temperature of your hands and feet will all return to normal.
8 hours	Remaining nicotine in your bloodstream will have fallen to 6.25% of normal peak daily levels, a 93.25% reduction.
12 hours	Your blood oxygen level will have increased to normal and carbon monoxide levels will have dropped to normal.
24 hours	Anxieties peak in intensity and within two weeks should return to near pre-cessation levels.
48 hours	Damaged nerve endings have started to regrow and your sense of smell and taste are beginning to return to normal. Cessation anger and irritability peaks.