Location
The UNMC College of Dentistry is located on the East Campus of the University of Nebraska-Lincoln at 40th and Holdrege Streets. Free patient parking is on the east side of the college.

Clinic Faculty, Information, 
& Appointment Scheduling
Peter J. Giannini, DDS, MS
402.472.4160
Predoctoral (Student) Clinic Appointments
402.472.1333
University Dental Associates (Faculty Practice)
Clinic Appointments
402.472.8900

College of Dentistry Tobacco Cessation Clinic

College of Dentistry
4000 East Campus Loop South
P.O. 830740
Lincoln, NE  68583-0740
402.472.1330
unmc.edu/dentistry
The tobacco cessation clinic allows me to help prevent deadly tobacco-related diseases and improve the overall health of my patients. By helping them quit their tobacco habit I help people reduce their risk of developing oral cancer, lung cancer, and emphysema.”

- Peter J. Giannini, DDS, clinic director

The Clinic

Quitting smoking is one of the hardest things a person can do. But help can be found at the UNMC College of Dentistry tobacco cessation clinic. The clinic is designed to help patients break the habit through individual counseling, drug therapy, and caring professionals.

Individuals may refer themselves to the clinic or be referred by their dentist, dental hygienist, physician, nurse, or other health care professional.

Questionnaires regarding tobacco use, nicotine dependence, motivation, and a self-assessment are sent to a patient before their first appointment.

Treatment

Each patient works with a counselor who helps design a customized treatment plan and discuss ways to change behaviors to break old habits.

At the clinic patients are treated using a combination of drug therapy and one-on-one counseling. Each session lasts approximately 30 minutes. Those individuals who do not achieve success within the seven-week course of drug therapy are provided a prescription for an additional five weeks of treatment.

Drug therapy options include the use of nicotine gum, patches, nasal spray, inhaler, bupropion (Zyban) or various combinations prescribed under the supervision of a doctor.

Sessions

The first session includes a review of the patient’s medical history and a comprehensive interview and assessment of the patient’s nicotine dependence and motivation to quit using tobacco. During this session a quit date will be set. Pharmacologic therapy will also be prescribed. During the second session, behavioral modification intervention is performed. Behavioral modification strategies include coping skills, individualized quitting techniques, and support networks. At the third session, a follow-up plan is carried out, along with teeth cleaning and prophylaxis if the individual is an assigned patient of a student doctor at the UNMC College of Dentistry. Patients being seen at the University Dental Associates (faculty practice) will be sent back to their referring dentist or physician after treatment has been completed.

Follow-up

The tobacco cessation clinic provides personal long-term follow-up. This may include phone calls and additional counseling sessions if needed.

Fees

Treatment costs, including the clinic fee and prescription medication may be covered by your medical and/or dental insurance. For patients who are seen in the predoctoral (student) clinic, the clinic fee is payable at the first visit. For patients who prefer to be seen in the University Dental Associates (faculty practice) clinic, a claim will be filed on your behalf to your medical and/or dental insurance carrier. We accept payment by cash, check or credit card. The clinic fee does not include the cost of the medication.