

# Smoking & Oral Health

**Your gums, teeth and mouth feel it immediately**

Smoking reduces blood flow, dries out your mouth, can be harmful to your gums, leads to bad breath, stained teeth and even tooth loss.

6 x higher risk of mouth, throat, tongue cancer – even young people.



**Quit now.  
Enjoy better oral health.**

[www.dentalhealth.ie](http://www.dentalhealth.ie) | [info@dentalhealth.ie](mailto:info@dentalhealth.ie)

**DHF**  
Dental Health  
Foundation  
Ireland

RCN: 20010683

## Risks

- Smoking is the leading cause of severe gum disease (periodontitis).
- Smoking reduces oxygen to the gums, and may lead to early tooth loss.
- Stale smoke, infection, and rotting tissue lead to “smoker’s breath”.
- Slower healing of cuts/ulcers in your mouth.

## No Safe Option

- Rollies: More tar, no filters and higher chemical load.
- Nicotine Pouches/Snus/Chewing Tobacco: Burns gums, increases oral cancer risk, and gum recession.

## Benefits of Stopping

- Fresher breath, healthier gums, and whiter teeth.
- Improves healing of cuts/ulcers in your mouth
- Helps prevent gum disease from getting worse.

## Protect Your Smile

- Brush teeth and gums twice daily (at night and one other time) for 2-3 minutes with fluoride toothpaste (1450ppm).
- Use a soft brush & change it every 3 months or when the bristles are worn.
- Floss and/or use interdental brushes to remove bacteria from hard-to-reach areas.
- Spit, don’t rinse after brushing to keep fluoride on your teeth.
- Visit your dentist regularly – early signs of cancer or gum disease can be spotted.
- Choose healthy snacks between meals and limit sugary foods and drinks to reduce acid attack risk.



### Need Help to Quit?

[www.quit.ie](http://www.quit.ie) – Free support to stop smoking / vaping.

[www.dentalhealth.ie](http://www.dentalhealth.ie) – Learn how to care for your teeth.

