



AUSTRALIAN DENTAL ASSOCIATION INC.

dental health information

SMOKING AND YOUR DENTAL HEALTH

Smoking not only damages your general health but also causes problems in your mouth.

1. Smoking can lead to cancer of the mouth which is often fatal. The most common sites are the tongue and the floor of the mouth.
2. Smoking can also lead to gum disease. It leads to increased calculus (tartar) on the teeth, which harbours plaque. Swollen and inflamed gums are followed by serious destruction of the tissues around the teeth, which can result in tooth loss.
3. Smoking can delay healing of any injured tissues in the mouth, such as ulcers.
4. Smoking produces unsightly stains on the teeth, some of which are extremely difficult to remove – even with special equipment.
5. Smoking during pregnancy can lead to health problems for the baby.