



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: **Oral Health & Vaping**



The use of e-cigarettes, also known as vaping or Juul, is on the rise in the United States, especially among young people. E-cigarettes may be less harmful than conventional cigarettes for adult smokers, but they are not harmless.

Depending on how often you vape, you may experience these symptoms:

- Dry mouth, sore throat or cough
- Bad Breath
- Cavities
- Receding gums
- Slower recovery from oral surgery



Most e-cigarettes contain nicotine which is highly addictive. Nicotine is especially harmful to young people. Although some people report using e-cigarettes to help them quit smoking, they are not one of the seven FDA approved cessation aids.

The best way to avoid oral health problems is to stop using e-cigarettes. Any Kansan interested in quitting tobacco (cigarettes, chew, or e-cigarettes) can call the free, 24/7 Kansas Tobacco Quitline at 1.800.QUITNOW.



Here are some other strategies to reduce the effects of e-cigarettes on your oral health:

- Limit nicotine intake
- Drink water after vaping
- Brush teeth twice daily with fluoride toothpaste
- Floss daily



Have your teeth checked and cleaned more often- 3 to 4 times a year. Let your dentist or dental hygienist know that you use e-cigarettes and ask them for additional ideas to help reduce the chance of dental problems.