



ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Vaping & Your Oral Health

How vaping affects your mouth—and simple steps to protect your oral health.

Why it matters:

- Vaping dries out the mouth, which raises the risk of cavities and bad breath.
- Many e-cigarettes contain nicotine, which can harm gums and slow healing.
- Nicotine is especially harmful to teens and young adults

What to do:

- The best protection is to not vape or use e-cigarettes.
- Drink water after vaping to help reduce dry mouth.
- Brush twice a day with fluoride toothpaste and floss daily.
- Tell your dentist or dental hygienist if you vape.

What to avoid:

- Thinking vaping is harmless to teeth and gums.
- Skipping dental visits or not sharing vaping habits with your dental team.

Ask a dental professional if...

- You have dry mouth, mouth sores, or frequent cavities.
- Your gums bleed, feel sore, or your breath does not improve.



Quick Facts

- Most e-cigarettes contain nicotine, which is highly addictive.
- Vaping can lead to dry mouth, cavities, gum problems, and bad breath.
- E-cigarettes are not one of the FDA-approved tools to quit smoking.

Ready to quit?

Free help is available for Kansans. Call 1-800-QUIT-NOW (1-800-784-8669) or visit www.ksquit.org.