

Your actions

affect the overall

health of your

smile.



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IMPACT ON
ORTHODONTIC
TREATMENT

aaoinfo.org

TOBACCO

DON'T RISK IT

WHAT EFFECT CAN TOBACCO HAVE ON TEETH AND MOUTHS?

- Accelerate gum disease, reducing the ability of teeth and gums to respond to orthodontic treatment. The risk is an even greater with smokeless tobacco.
- Cause mouth and throat cancer.
- Increase dental decay (cavities).
- Cause poor tooth movement due to weak tissues that attach teeth to the gums and bone.
- Reduce healing after tooth extraction, jaw surgery or placement of implants and failure of dental implants.
- Tendency for teeth to relapse into previous positions, due to increased risk of gum disease.

**YOU'RE INVESTING
A LOT OF TIME
AND EFFORT INTO
CREATING A
HEALTHY SMILE.
DON'T CHANCE
DAMAGING IT.**



VAPING

E-CIGARETTES DON'T CONTAIN TOBACCO, BUT THEY DO CONTAIN NICOTINE WHICH IS A HEALTH RISK.

Nicotine reduces blood flow that can lead to death of gum tissues and gum recession. This causes tooth sensitivity, increased risk of cavities and, in some cases, loss of teeth.

Also, dry mouth, bacteria, and tooth decay can result from vaping. Nicotine inhaled during vaping acts as a muscle stimulant. This can cause you to grind your teeth (bruxism) or make the problem worse if you are already a tooth grinder. Grinding, gnashing or clenching teeth regularly leads to tooth damage and other oral health complications.

Orthodontists receive an additional two-to-three years of specialized education beyond dental school to learn the proper way to align teeth and correct bites. Only those who successfully complete this formal education may call themselves orthodontists, and only orthodontists can be members of the American Association of Orthodontists. Learn more: aaoinfo.org.