



LS Dental

Ipoh · Dr. Kent Teoh

PATIENT GUIDE

What smoking & vaping do to your **mouth**

Beyond stains and bad breath, tobacco quietly drives gum disease, tooth loss and cancer — and vaping isn't harmless either.

● Gum disease

● Tooth loss

● Cancer risk

What smoke does **inside**

The obvious effects are staining, bad breath and dulled taste. The **hidden** ones do the real harm: smoke cuts blood flow to the gums, slows healing, and lets infection spread while hiding its usual warning signs.

YOU CAN SEE

Yellow-brown stains, bad breath, and a dulled sense of taste and smell.

HIDDEN HARM

Reduced blood flow **masks bleeding** — so gum disease advances silently while it looks "fine".

SLOWER HEALING

Extractions, implants and gum treatment **heal slower** and fail more often.

CANCER & MORE

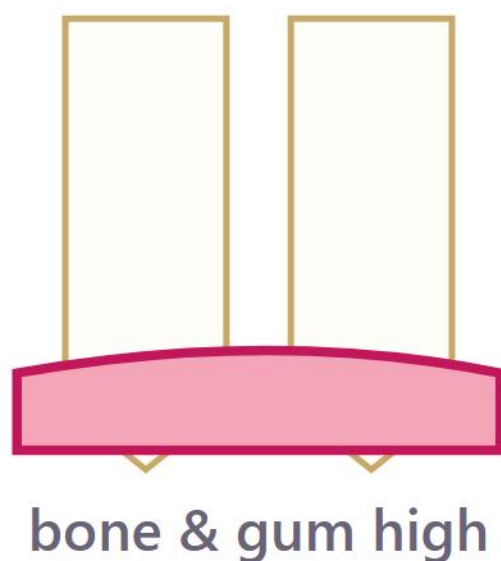
The leading avoidable cause of **mouth cancer**, plus more decay and dry mouth.

The catch: because smoking hides the bleeding that usually warns of gum disease, many smokers only notice when teeth are already loose.

The biggest cause you can change

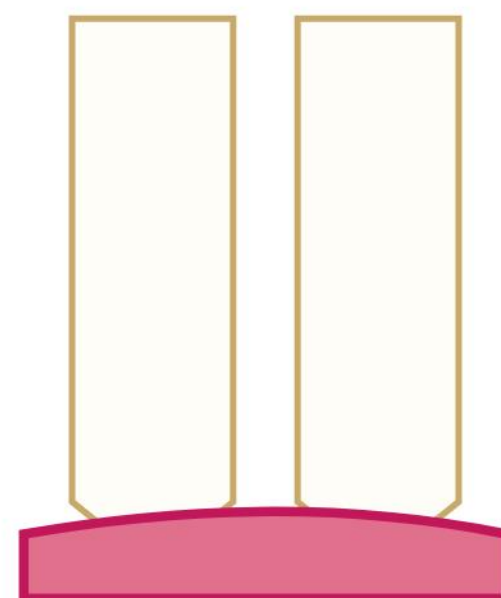
After plaque itself, smoking is the **strongest driver of gum disease** — the main reason adults lose teeth. It speeds up the loss of the bone that holds teeth in.

HEALTHY



bone & gum high

SMOKER



bone & gum receded — roots exposed

Also harder to fix: gum treatment works less well and **dental implants fail more** in smokers — so stopping helps every future treatment succeed.

Vaping isn't **harmless**

Vaping avoids the tar and smoke of cigarettes, but it is **not risk-free** for the mouth. Most vapes contain **nicotine**, which affects the gums directly.

NICOTINE ON THE GUMS

Reduces gum blood flow and can **mask gum disease** — the same hiding effect as smoking.

DRY MOUTH & IRRITATION

The aerosol dries the mouth and irritates the lining, raising the risk of **decay and sore gums**.

GUM RECESSION

Reports link vaping with **receding gums** and inflammation around the teeth.

STILL BEING STUDIED

Long-term effects aren't fully known — "less harmful than smoking" is **not** the same as "safe".

If you vape to quit smoking: that can be a step forward — but the aim is to become free of both. Your dentist won't judge; we're here to help.

Your mouth starts to **recover**

The mouth is quick to reward quitting. Blood flow returns, healing improves, and the big risks fall steadily over time.

- **What improves, and when**

- **Days–weeks:** breath and taste improve; gums bleed normally again (a good sign)
- **Weeks–months:** gums respond far better to treatment; healing speeds up
- **Years:** the risk of gum disease and mouth cancer keeps dropping

- ✓ **We can help:** a clean to remove stains, a gum health check, an oral-cancer screen, and support or referral to quit — no judgement.

Ready for a fresh start for your smile?

Book a clean and check-up — we'll help your mouth recover and support you if you want to quit.

 **wa.me/601111896237**