



## Helpful resources

The following agencies have information to help you quit smoking or chewing tobacco:

### American Lung Association

1-800-LUNG-USA

[www.lungusa.org/tobacco](http://www.lungusa.org/tobacco)

or your local American Lung Association

### American Cancer Society

1-800-ACS-2345

[www.cancer.org](http://www.cancer.org)

or your local American Cancer Society

### Centers for Disease Control and Prevention

1-800-CDC-1311

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

### Office of the Surgeon General

5600 Fishers Lane

Rockville, MD 20847

[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)

### National Cancer Institute

301-594-6776

[www.cancer.gov/cancerinfo/tobacco](http://www.cancer.gov/cancerinfo/tobacco)

Tobacco use and oral disease. Winn DM. J Dent Educ 2001 Apr;65(4):306-12

Impact of tobacco use on periodontal status. Johnson GK, Slach NA. J Dent Educ 2001 Apr;65(4):313-21

Evidence-based care in orthodontics and periodontics. Sanders NL. J Am Dent Assoc 1999 Apr;130(4):521-527

Smoking and wound healing: a review. Frick WG, Seals RR Jr. Tex Dent J 1994 Jun;111(6):21-3

The influence of smoking on 3-year clinical success of osseointegrated dental implants. Lambert PM, Morris HF, Ochi S. Ann Periodontol 2000 Dec;5(1):79-89



American  
Association of  
Orthodontists

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American Association of Orthodontists

401 North Lindbergh Boulevard

St. Louis, MO 63141-7816

314.993.1700

[mylifemysmile.org](http://mylifemysmile.org)

# Tobacco Use and Your Orthodontic Treatment

A warning about tobacco use during orthodontics



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# Get the facts

## Effects on orthodontics

Tobacco use can affect how you respond to orthodontic treatment in a number of ways:

### Acceleration of gum disease

Even with good oral hygiene, periodontal disease may worsen significantly during orthodontic treatment.

### Poor tooth movement

If teeth are to move well during orthodontic treatment, the tissues that attach the teeth to the gums and bone must be healthy. Because tobacco use can make you more prone to periodontal disease, the effectiveness of your braces can be reduced.

### Reduced healing

If your treatment involves tooth extraction, jaw surgery or placement of implants, healing of those areas may be delayed or incomplete.

### Tendency to relapse

Periodontal disease can increase the tendency for teeth to relapse to their former position after orthodontic treatment is completed.

### Gum damage from smokeless tobacco

Chewing tobacco can become packed around your braces and cause further damage to gum tissues.

## Using tobacco can affect your oral health... and the success of your orthodontic treatment



You're putting a lot of time, effort and resources into your orthodontic treatment.

If you smoke cigarettes, cigars or pipes, or use smokeless tobacco, you are placing yourself at higher risk for a variety of oral health problems that can reduce or delay the success of your orthodontic treatment.

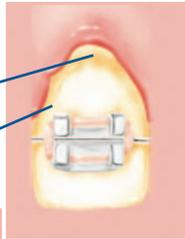
### What tobacco does

Tobacco contains a variety of hazardous chemicals that enter your mouth when you smoke or chew tobacco. If you smoke or chew tobacco, you are increasing your chances of:

- Mouth and throat cancer
- Gum (periodontal) disease
- Delayed tooth movement
- Poor healing after oral surgery
- Receding gums
- Dental decay (cavities)
- Failure of dental implants

Receding gums

Stains



Periodontal disease, seen more often among tobacco users, reduces the ability of your teeth and gums to respond to orthodontics.

### Your choice will make a difference

Don't risk compromising your treatment. Please consider carefully the risks of smoking or chewing tobacco during orthodontics.

You're working hard toward a brighter smile with the help of orthodontics. This is a great time to think about stopping your tobacco habit, and to make a positive choice about your health.