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

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
or your local American Lung Association

**American Cancer Society**
1-800-ACS-2345
www.cancer.org
or your local American Cancer Society

**Centers for Disease Control and Prevention**
1-800-CDC-1311
www.cdc.gov/tobacco

**Office of the Surgeon General**
5600 Fishers Lane
Rockville, MD  20847
www surgeongeneral.gov/tobacco

**National Cancer Institute**
301-594-6776
www.cancer.gov/cancerinfo/tobacco

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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

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.