

# Vaping, Nicotine Pouches & Your Oral Health

Pressure to vape can come from your own friends. Teens and young adults can take up vaping to fit in. Spot the pressure. Choose what's right for you.

Vapes and nicotine pouches are addictive. The chemicals in them can damage the mouth, teeth and gums. This may lead to bad breath and gum disease.



**You have one mouth.  
Take care of it.**

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## Risks

- Vape chemicals can cause mouth irritation, ulcers, and sore throats.
- Vaping liquid often contains sugars and acids that may damage your teeth.
- Nicotine reduces blood flow, slowing mouth healing.
- Nicotine pouches can seem risk free. They contain harmful chemicals that can damage the mouth, teeth and gums.



## Protect Your Mouth, Protect Your Health

- If you haven't started, don't. If you have started, stopping now can make a big difference for your teeth and gums.
- Brush twice daily (at night and one other time) for 2-3 minutes with fluoride toothpaste (1450ppm).
- Use a soft brush & change it every 3 months or when the bristles are worn.
- Floss and/or use interdental brushes to clean in between teeth.
- Spit, don't rinse after brushing to keep fluoride on your teeth.
- Visit your dentist regularly – early signs of cancer or gum disease can be spotted.
- Choose healthy snacks between meals and limit sugary foods and drinks to reduce acid attack risk.



### Need Help to Quit?

For support and advice to stop vaping – [www.quit.ie](http://www.quit.ie)

Further information – [www.dentalhealth.ie](http://www.dentalhealth.ie)

