

Now That Cannabis is Legal, Don't Let It All Go to Your Head... or Mouth

However you consume it — smoking, vaping or eating edibles — be aware of what cannabis can do to your dental health.



Oral Cancer:

Just like with cigarettes, cannabis smokers run the risk of developing oral cancer from both the drug itself and carcinogens in the smoke that can damage tissues in the mouth.

Dry mouth:

More than just annoying, dry mouth is a serious side-effect of smoking cannabis that can lead to aggressive gum disease and cavities.



Dental procedures:

Using cannabis can increase your risk of bleeding and can cause complications for healing after dental procedures. It can also impact the effects of anaesthesia and medications needed for your procedure.

Cannabis edibles:

Watch out for the sugar content in edibles such as candies, chocolate and baked goods.



Munchies:

We've all heard about people getting very hungry after smoking cannabis and the traditional go-to snacks usually aren't celery sticks. So be sure to rinse with a few swigs of water after snacking to prevent cavities from developing. It'll also help with the dry mouth!

Talk to your dentist:

They can monitor your mouth and give you tips on how to prevent cavities and other problems from developing into something more painful and costly to fix. To ensure your safety, your dentist needs to know if you have used cannabis before your dental appointment.



Staining:

We all like to have nice, white teeth but cannabis smoke stains your enamel and can actually cause demineralization, and make staining that much harder to get rid of.

