

The Truth about Cannabis and Oral Health

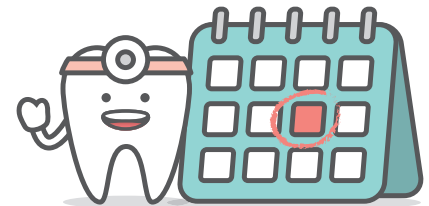
WHAT ARE THE RISKS?



- Increased risk for cavities:
 - » Cannabis edibles (like candies, chocolate, and baked goods) can contain a lot of sugar.
 - » Use of cannabis can increase craving of sweet snacks and food.
 - » Use of cannabis can cause dry mouth. Dry mouth raises the risk of cavities, gum disease, and infections.
- Smoking cannabis stains teeth and is linked to poor oral health.

CANNABIS USE CAN AFFECT A DENTAL VISIT

- Makes your dental visit more stressful. Cannabis use increases heart rate and feelings of anxiety, paranoia, and hyperactivity.
- Makes freezing unsafe.
- Changes the effectiveness of medications needed for your dental visit.
- Increases your risk of bleeding and your healing time.
- Affects your ability to think, focus, and decide. This can affect your ability to give consent at your dental visit.



TIPS

- Let your dental team know if you use cannabis. It's important to include in your medical history. The dental team will watch for oral health issues and give you tips to prevent these issues.
- Tell your dental team if you used any cannabis before a dental visit. For your safety, your dental visit may be rescheduled. Please avoid using cannabis within 12 hours of your appointment. Do not drive to and from a dental visit if you have used cannabis.
- Brush your teeth or rinse your mouth with water after sweet snacks, drinks, and cannabis edibles. This will reduce your risk of cavities. Drink water instead of sweet drinks to help with dry mouth.

NEED HELP?

- [AccessMHA](#) – resources for people 16 years and older. Makes it easy to find mental health and/or substance use health/addiction services. They help refer you to the services you need.
- [1Call1Click.ca](#) or call 613-260-2360 – resources for anyone under 21 years of age. A simple way for children, youth, and families to get the right mental health and addiction care.
- [Counselling Connect](#) – help for people of all ages and families on substance use health, gambling, and gaming.
- [YSB crisis line](#) – Call 613-260-2360 or chat online 24/7 for anyone 17 years and under who is in crisis, and anyone worried about a young person in crisis.

For more resources, visit:

OttawaPublicHealth.ca/WellnessServicesandResources