How quitting smoking can improve oral health over time

Immediately and over time:
- Gum disease risk slowly begins to decrease

Hours:
- Breath smells better and teeth stop yellowing
- Sense of taste and smell improves

3 months:
- Smoker’s melanosis, or the darkening of gums, will disappear in most cases

1 year:
- Leukoplakia lesions — thickened white patches that can be precancerous — begin to disappear from the mouth

5 years:
- Oral cancer risk is cut in half

Important disclosures: UnitedConcordia.com/Disclaimers

Sources:
1: Smoking Cessation; Cleveland Clinic; 2014
2: Disappearance of Smoker’s Melanosis after Reducing Smoking; Journal of Oral Pathology and Medicine; 1993
3: The Health Consequences of Smoking; Surgeon General Report; 2004
4: Health and other benefits of quitting; Tobacco in Australia; 2016
5: How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease; U.S. Department of Health and Human Services; 2010
6: Benefits of quitting tobacco; U.S. National Library of Medicine; 2015