

TOOTH BE TOLD...



How to keep your mouth healthy if using drugs



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PART 1 ARE YOU BRUSHING YOUR TEETH RIGHT?



Do you brush your teeth twice a day, morning and night?

When brushing your teeth, use a gentle circular motion around the gum line

Use dental floss between teeth to remove bacteria?

Try toothpaste with fluoride to help strengthen enamel

COMMON PROBLEMS AND THEIR RISKS

Canker sores: Small red and white ulcers in the mouth

Cavity: A hole that forms at the surface of teeth due to weak enamel

Cold sore: A clear fluid filled blister caused by the herpes virus

Gingivitis: A condition where gums are red, swollen, and/or bleeding

Oral thrush: A fungal infection marked by white lesions in the mouth that bleed easily

A buildup of harmful bacteria along with open sores increases your risk of pneumonia, HIV, and other infections

PART 2 CAFFEINE/NICOTINE

Caffeine



Coffee stains your teeth and damages enamel which leads to cavities

Nicotine

Nicotine stains your teeth yellow and causes dry mouth. As a result, increased bacteria damages gums and causes bad breath. Teeth grinding is also a problem



PREVENTION ACTIVITIES

Rinse your mouth with water after smoking and/or drinking coffee



Floss between teeth to remove bacteria



Use mouth wash to kill germs and get rid of bad breath

COCAINE

Smoking it can cause:

Burns on lips and mouth, dry mouth

Rubbing it on gums can cause:

Wearing down / bleeding of gums

Snorting it can cause:

[long term] a hole in the roof of the mouth, leading to a poor sense of smell, and sinus issues

General effects:

Cracked and ground teeth

Acidic saliva that causes cavities

Use can cause open wounds in

nose/mouth, putting you at risk of HIV and Hepatitis C

PREVENTION ACTIVITIES

Avoid a viruses by not sharing crack pipes. Rinse mouth with water after using to lessen damage from acid. Chew gum to keep from grinding teeth



Hole in palate from snorting cocaine

ECSTASY

This highly acidic drug can cause:

Teeth grinding and jaw muscle cramps resulting in broken teeth from wear and tear



Fragile, dry skin inside your mouth that makes cavities more likely

PREVENTION ACTIVITIES

Drink lots of water to restore moisture to your mouth. You can use saliva substitute products from the pharmacy too



Rinse mouth often to protect teeth against acid



Chew sugar-free gum to increase saliva and distract from teeth grinding

HEROIN

Chronic dry mouth from heroin use rots teeth and hurts gums, leading to serious gum disease

A burning feeling in the mouth is often sensed

Swollen, bleeding gums and sores reduce appetite and makes it hard to eat



PREVENTION ACTIVITIES

Drink water to hydrate your mouth and chew sugar-free gum to help make more saliva



Rinse mouth often to keep burns and sores clean



Choose soft food if your gums or teeth are painful when eating

MARIJUANA

Tar, THC, and other inhaled irritants cause:

Enamel breakdown
Swollen, red, bleeding gums
Dry mouth
Grayish-white patches inside cheeks
Repeated infections
Mouth and throat cancer



PREVENTION ACTIVITIES

Drink water to keep your mouth moist



Chew sugar-free gum to increase saliva



Avoid spicy, acidic, and sugary foods to protect your mouth health

METHADONE

High sugar and acid content of methadone syrup damages teeth, causing cavities

Plaque builds up on teeth and gums due to dry mouth

Suboxone is placed under the tongue and has similar effects on the mouth

PREVENTION ACTIVITIES

Do not brush teeth hard after taking since it adds to possible damage from acidity of the syrup



Brush teeth at least twice/day to stop plaque growth



Drink water to renew moisture and saliva in mouth



Use a straw to avoid direct contact of syrup with teeth

METHAMPHETAMINE/SPEED

Drug's stimulant nature causes sugar cravings and dry mouth which increases the risk of cavities.

Highly acidic, the drug destroys protective tooth enamel making them brittle



PREVENTION ACTIVITIES

Restore moisture by drinking water and chew sugar-free gum to increase saliva



Avoid sweets and soda pop. Instead try eating fruit to curb sugar cravings

PCP

Visions can cause violent behavior that increases the risk of a broken jaw and/or chipped, cracked teeth

Drooling from too much saliva softens skin around the mouth causing injury

Numbness masks pain pointing to other problems

Vomit brings up acid from the stomach which destroys enamel

PREVENTION ACTIVITIES

As much as possible, use in a safe place with trusted friends



Keep skin around mouth clean and dry



Do not brush your teeth too hard after vomiting since it can make enamel loss worse

COMMON MYTHS

Fluoride is not toxic. It is found in some foods, toothpaste, mouth wash that help harden enamel which lowers your risk of cavities. It is sometimes added to city water (not in Montreal)



Methadone does not influence calcium in your teeth. As of yet, there is no proof of an effect

PART 3 RAMQ VS. WELFARE

RAMQ covers emergencies in the hospital

Last resort social aid coverage is based on the length of time you are on it

1 year: an exam, cleaning, fillings, tooth pulling and more

2 years: all listed above plus top and bottom dentures

Teeth whitening and other beauty services are not covered

DENTAL SERVICES

Cegep de Maisonneuve
3800 Sherbrooke east, door A-28
Costs \$20-\$45
Telephone: 514-787-1702
or email for appointment:
rv.clinique@cmaisonneuve.qc.ca

University of Montreal Clinic
Pavillon Roger-Gaudry-Entry B-1
2900, boul. Édouard-Montpetit
Become a patient at 514-343-6395 or 514-343-6750

Jim Lund Dental Clinic
Free for those without any insurance
606, De Courcelle Street
(514) 937-9317

DISCLAIMER

Please acknowledge that this guide was made by nursing students. We have made every effort possible to ensure the information is accurate, precise, and credible. However if using this guide you are responsible for potential outcomes

All references are available at Plein Milieu's fixed site. Contact 514-524-3661 or email
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