



You're worthy of care.
Your smile deserves protection, too.

Harm reduction is healthcare. Whether you're using, tapering, or not using at all now—you deserve to feel okay in your body, including your mouth



This resource is made for you, with love and respect.



BENTON-FRANKLIN HEALTH DISTRICT

Our mission is to provide all people in our community the opportunity to live full productive lives by promoting healthy lifestyles, preventing disease and injury, advancing equity and protecting our environment.

www.BFHD.wa.gov



STIMULANTS & YOUR SMILE

Caring for your teeth—



STIMULANTS AFFECT YOUR MOUTH

This isn't about judgment—it's about your **comfort** and your **health**. Stimulant use (like meth, cocaine or ADHD meds) can lead to:

- **Dry mouth:** Less saliva + more bacteria → faster tooth decay.
- **Grinding/clenching:** Damages your teeth.
- Sugar cravings: More cavities if you're using soda, candy, or sweet energy drinks.
- **Gum issues:** Stimulants can make your gums inflamed or recede.

This isn't about shame. It's about staying as healthy and comfortable as you can.



If brushing or flossing feels out of reach, try these small steps. You don't have to do everything. Even one of these can help

YOU DESERVE TO FEEL OKAY!



Swish with Water:

Especially after eating, drinking soda, or using.



Drink Water Often:

Hydration helps fight dry mouth and decay.



Chew Sugar-Free Gum:

It gets your saliva flowing.



Use Fluoride Toothpaste:

Strengthens enamel and protects against cavities.



Skip Brushing Right

After Using: If you've had acidic foods/drinks or thrown up, wait 30 mins to protect your enamel.



Rinse with Fluoride

Mouthwash: Extra protection, even if you can't brush.

YOU ARE WORTHY OF CARE

Whether you use sometimes, every day or not at all—your oral health matters.

Need help finding a friendly dental provider?

Find dental care near you:
Dentistlink.org

