How QUITTING SMOKING can improve oral health over time

- **Immediately and over time**: Gum disease risk slowly begins to decrease.
- **48 hours**: Sense of taste and smell improves.
- **3 months**: Smoker’s melanosis, or the darkening of gums, will disappear in most cases.
- **1 year**: Oral cancer risk is cut in half.
- **5 years**: Leukoplakia lesions — thickened white patches that can be precancerous — begin to disappear from the mouth.

Breath smells better and teeth stop yellowing.

Sources:
1. Smoking Cessation; Cleveland Clinic; 2014
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