# CANNABIS AND COTTON MOUTH

Whether you smoke it, vape, or use edibles, **Cannabis can cause Cotton Mouth (aka dry mouth)**, which increases your chance of tooth decay and oral infections.

## What Can You Do to Reduce Cotton Mouth?

### Stay Hydrated

Drinking water throughout the day is recommended for a healthy body, overall. Hydrating before, during, and after using cannabis will help relieve symptoms.

### Chew Sugar-Free Gum

Chewing sugar-free gum or sucking on sugar-free candy stimulates saliva production, which may combat the feeling of dry mouth.

### Limit Caffeine

Too much caffeine may lead to a large increase in tannins, hence the cause of dry mouth symptoms. Limiting your caffeine intake is crucial to avoid dry mouth symptoms.

### Use Alcohol-Free Mouthwash

Certain mouthwashes are designed specifically to combat dry mouth. Replace your regular mouthwash with one that is alcohol-free, and that prevents and treats dryness.

### See Your Dentist Regularly

Your oral health is one of the most important aspects of overall wellness. Regular dental visits are essential for the maintenance of healthy teeth and gums.

OREGON LIQUOR & CANNABIS COMMISSION OLCC