

NIGHT GUARDS

Clenching or grinding of the teeth is called Bruxism. It is very common and only a small percentage of people even realize that they do it.

Bruxism can be caused by several things but is mostly linked to stress or anxiety as well as abnormal bite or missing teeth. Most people grind/clench at night during their sleep, but it can happen during the day as well.

When teeth grinding occurs for a long period of time, permanent damage to teeth will occur such as fracturing, loosening, or wearing of the teeth.

When this happens, a crown may need to be placed to ensure proper function again.

Bruxism can also lead to TMD- this is the disorder of the joint that is used to open and close your mouth.

Bruxism can also be a factor in a patient having periodontal disease. If you are suffering from jaw pain due to clenching or grinding, you should limit your intake of harder or chewy foods. Instead, you can choose softer foods, along with limiting or avoiding chewing gum. It is important to keep the jaw relaxed as much as possible.

Signs of Clenching or Grinding

- Jaw pain or soreness
- Headaches
- Gum Recession
- Popping or Clicking Jaw
- Earache
- Loose Teeth
- Neck Pain

During your thorough dental examination, we will check your jaw and make you aware of any issues we may see regarding TMJ or wearing of the teeth.