

Bruxism

TEETH GRINDING

Grinding of the teeth is a medical condition known as bruxism. There are many serious side effects of this condition:

- Cracked teeth, fillings or crowns
- Painful jaw joint
- TMD
- Headache and shoulder pain
- Severely worn teeth
- Loose teeth
- Hot and cold sensitivity
- Gum loss (gingival recession)
- Bone loss around the teeth (periodontal disease)
- Wear of the tooth at the gumline

If caught early, these side effects can be avoided by simply wearing a special night guard to protect your teeth. If left untreated for too long, grinding leads to the serious condition: temporomandibular disease (TMD). In this case, more extensive treatments will be needed. Our clinical staff have been trained to find any signs of grinding during your visits so that it can be detected as early as possible.