



## **Bruxism (Teeth Grinding)**

*Bruxism* is grinding or clenching your teeth. This may be something you do unconsciously and most commonly occurs at night when you sleep.

Symptoms of bruxism may include: headaches, muscle soreness, fractured teeth and fillings, soreness of teeth or gums, wear of tooth structure (teeth look shorter) and cracked teeth.

Your dentist may suspect that you grind or clench if these problems are noted during your initial and recall exams. Changes in your bite from misalignment or missing teeth can lead to grinding or clenching along with other factors such as stress and anxiety.

You and your dentist can discuss treatment options after determining the cause of bruxism to prevent any further dental complications. Teeth damaged from bruxism can typically be restored with crowns to replace missing tooth structure. A common treatment to minimize tooth wear is through the use of a mouthguard, also known as a splint. It is made to the shape of your teeth and is evaluated by your dentist for proper fit and function.

Please ask a member of your ForwardDental team if you have any additional questions.