
Frequently Asked Questions about Bruxism!

Bruxism is a very common dental problem and occurs due to excessive clenching of the teeth or grinding the teeth in chewing movements. It is a serious dental problem, since it can wear down the teeth and may even damage the jaw joints and the teeth permanently. This problem is prevalent in both children and adults and is an unhealthy habit, which may occur during the day time or during sleep. Bruxism when you are sleeping is bad, since you can't control the clenching and grinding of your teeth in your subconscious and you may end up permanently damaging your teeth and your jaw.

What are the Causes of Bruxism?

There are lots of different factors which can contribute to Bruxism. The effects of Bruxism and why it occurs to some people are still being studied carefully and most of the factors contributing to this problem are due to a combination of psychological and physical factors. Here are some of the major causes of Bruxism:

- Physical stress, including; dehydration, illness, or nutritional deficiency
- Psychological stress, including; tension and anxiety
- Due to sleep disorders
- Abnormal anatomy of the jaw bone or teeth structure

How to Identify the Signs & Symptoms of Bruxism?

In order to get effective treatment for Bruxism you need to identify the proper signs and symptoms of the dental disorder. It is incredibly hard to pinpoint whether you suffer from Bruxism or not, since the signs and symptoms vary from person to person. Although most of the common signs and symptoms of Bruxism include:

- Chronic facial pain
- Painful teeth & sensitivity
- Worn & flattened tooth surfaces
- Micro-fractures of the enamel
- Chipped or broken teeth
- Pain and stiffness in the jaw joint
- Loose or damaged teeth
- Ear aches

Most of the time, people who suffer from Bruxism may experience severe headaches as a result of tension and anxiety. The signs and symptoms vary from person to person but generally remain the same, so visit your dentist if you start noticing any of the above mentioned signs and symptoms.

What is the Treatment & Diagnosis for Bruxism?

When you go for the treatment and diagnosis for Bruxism your dentist will need a record of your entire medical and dental history. This is necessary in order to get to the root of the problem and to form a proper treatment plan for curing the Bruxism. You will need to tell the dentist the following things before any treatment for Bruxism:

- Any psychiatric illness or psychological distress that is effecting you
- Any previous treatments related to jaw surgery or Bruxism
- Any allergic reactions to antibiotics, medicines or anaesthetics

Once the dentist has the above information they will be able to diagnose your Bruxism properly. Here is what the dentist will do during your diagnosis for Bruxism:

- Notice the range of jaw movement
- Identify the source of the stiffness, soreness or pain
- Listen for noises from the jaw joints
- The power of your bite, movement of teeth and tooth wear & tear