



Teeth Grinding (Bruxism)

Many people probably grind and clench their teeth from time to time. Occasional teeth grinding, medically called bruxism, does not usually cause harm, but when teeth grinding occurs on a regular basis the teeth can be damaged and other oral health complications can arise.

Tooth grinding can be caused by stress and anxiety.

Because grinding often occurs during sleep, most people are unaware that they grind their teeth. However, a dull, constant headache or sore jaw is a tell-tale symptom of bruxism. Many times people learn that they grind their teeth by their loved one who hears the grinding at night.

If you suspect you may be grinding your teeth, talk to your dentist. He or she can examine your dentition for signs of bruxism, such as excessive tooth wear.

In severe cases, over many years, teeth grinding can result in a fracturing, loosening, or loss of teeth and so for some patients preventive treatment is really important.

Please do talk to us if you suspect you might be grinding your teeth and we can discuss treatment options.