

## Bite Splints Coquitlam

A considerable part of the populace will someday cultivate a grinding or teeth clenching pattern without even realizing it. Typically these proclivities are first uncovered via a family member or by a person's dentist.

Teeth clenching is categorized as a disorder concerning the closing together of the teeth for extended durations, bringing forth head aches, muscle tiredness, and at times minimal erosion of the enamel on the molars. Teeth clenching can crop up at any stage in the day or night and can accompany increased tension levels for the sufferer.

The grinding of teeth, termed bruxism, quite often happens throughout the night when the patient is slumbering. Usually, the noises produced by the grinding will go unnoticed by the grinder, yet will be evident to others. Tooth grinding tends to produce an outcome of moderate to severe wear on the enamel of the teeth, not to mention chipping or fracturing of the teeth. Both issues can produce a decline of the gum tissues and subsequent bone loss, which then exposes the delicate tooth roots and could lead to needed dental treatments.

If left untouched, constant grinding and clenching could bring about TMJ (temporomandibular joint) soreness, limiting the movement of the joints, resulting in joint sounds similar to clicking and popping, particularly during eating or when the mouth is opened wide, and can bring about tooth erosion on the surface of the bones around the joints resulting in muscle spasms and osteoarthritis. Most commonly accepted method for treating TMJ conditions are custom-fitted bite splints which may be worn during the nights sleep or throughout the day. Bite splints are effective at redistributing the forces of the pressures over all of the teeth within an arch preventing any periodontal tissue decline. Additionally, bite splints are able to hinder destruction occurring to the teeth around the joints, whilst also alleviating painful symptoms like muscle spasms, joint sounds, tooth pain, and muscle spasms.