



Teeth with attrition due to bruxism



Bruxism is treated with a Bite Plate appliance, by a Dentist/Maxillofacial surgeon

BRUXISM

Bruxism - is a condition in which you grind, gnash or clench your teeth. If you have bruxism, you may unconsciously clench your teeth when you're awake (awake bruxism) or clench or grind them during sleep (sleep bruxism).

Although the causes of bruxism are unknown, one study links it with such factors as anxiety, stress, alcohol consumption, cigarette smoking, caffeine, sleep apnea, snoring and fatigue. Importantly, psychiatric or psychological factors do not play a role in most cases.

Symptoms

Signs and symptoms of bruxism may include:

- Teeth grinding or clenching, which may be loud enough to wake up your sleep partner.
- Teeth that are flattened, fractured, chipped or loose.
- Worn tooth enamel, exposing deeper layers of your tooth.
- Increased tooth pain or sensitivity
- Tired or tight jaw muscles, or a locked jaw that won't open or close completely.
- Jaw, neck or face pain or soreness.
- Pain that feels like an earache, though it's actually not a problem with your ear.
- Dull headache starting in the temples.
- Damage from chewing on the inside of your cheek.
- Sleep disruption.