

TMJ Dentist Penticton

Certain youngsters suffer from a disorder recognized as "bruxism". This problem might be noticed most clearly during your child's sleep as they grind and scrape their teeth. It's more uncommon for children to exhibit these signs or symptoms throughout the day. Bruxism is the clinical term for clenching of the jaw and also grinding your teeth, particularly throughout phases of deep sleep or while the body is stressed. Around 30% of children grind and clench, with the greatest incidence rates are in kids less than 5 years old.

The root for many of the incidences of Bruxism is not acknowledged to professionals in the field. Jagged teeth or poor tooth alignment amid the upper and lower teeth could be the source of grinding and clenching. Some other circumstances are a direct result of pain, such as teething or earaches. Subconsciously youngsters might grind their teeth because they want to alleviate the pain sensation, just as we would rub sore muscles.

Another cause for bruxism could be nervous pressure when they are apprehensive or angry. Your kid may have qualms about a alteration in their routines, an examination at school, or just general anxiety with friends and relatives. Arguing with parents can easily create adequate tension to trigger teeth grinding or jaw clenching.

Repetitive stress from grinding and clenching will possibly slow the expansion of the posterior molars and might affect proper alignment of the teeth and jaws. An incorrect bite activates pressure points within the mouth and jaw that can result in face pain, throat pain, tenderness or stiff mouth joints, and awareness or anxiety within the temporomandibular joint (TMJ). Often anytime children have troubles adapting to or relieving excess tension in their eardrums, grinding could be a means for them to help relieve this strain. In certain youngsters, their night time grinding and clenching can be severe enough to wear out the enameled surface of the teeth, chip teeth, produce sensitivity to hot and cold stimulus, and can result in serious jaw difficulties and facial pain, like temporomandibular joint disease (TMJ). Finally, a number of children may go through early morning earaches or headaches as a result of night time grinding and clenching.

Commonly youngsters are not aware of the fact that they're grinding their teeth. The problem is commonly noticed first by the parents or other siblings. Several of the signs to take into consideration are grinding noises while the child is sleeping, thumb and finger sucking, nail biting, complaints about a sore face or mouth every day, chewing on the sides of the oral cavity, sore temples and ears, and gnawing on toys and pencils. If there is a concern that your child could be exhibiting one or more of these symptoms, have your oral health care professional examine the teeth for damaged enamel and abnormally worn down teeth. If there is any noticeable signs on the molars, an exam might be carried out to determine whether the grinding is being triggered by misaligned teeth or mental anxiety factors and provide you with a personalized treatment plan.

Treating bruxism in cases where grinding and clenching might cause aches in the face and jaw or cause enamel damage on the teeth, the oral health care provider may prescribe a night guard. These custom made guards are ideal for your son or daughter's teeth and therefore are similar to the types worn by professional athletes. It might take children several evenings to get used to using a mouth guard, but they are painless and may provide nearly immediate results.

In order to help children deal with bruxism, parents can try establishing a more relaxed atmosphere prior to bedtime. A great example may be reading a book, taking a warm bath or enjoying some comforting music. For tension related problems with bruxism, we encourage the families to find out what could be adding to the child's ailment in order to seek out a solution to anxiety.

Countering bruxism in many cases cannot be accomplished if the cause is a natural reaction to development and growth. However, bruxism could be effortlessly stopped if the root is stress related. You will find many solutions to coping with tension and inner thoughts through exercise, diet plan and comprehending that can and might positively modify the kid's state of mind. All situations will individually depend on the child and the scenario as to be the most effective approach for improving anxiety levels. Furthermore, your dental clinician might also custom fabricate a dental device to help line up the jaw and prevent any subsequent damage brought on by bruxism.