

Bite Splints Penticton

There is a considerable percentage of the populace that sooner or later in their life, will develop a clenching or grinding pattern and the majority won't ever be able to identify it until their oral health care professional suggests it or a family member spots it first.

Clenching is identified as a disorder concerning the closing together of the teeth for extended periods, causing head aches, muscle fatigue, and at times minimal erosion of the enamel on the molars. Teeth clenching may arise at any point in the day or night and can accompany greater tension levels for the sufferer.

The grinding of teeth, referred to as bruxism, frequently occurs at some point in the night when the patient is slumbering. Commonly, the sounds produced by the grinding will go unnoticed by the grinder, yet will be evident to others. Teeth grinding has a tendency to bring an outcome of reasonable to severe deterioration on the enamel of the teeth, in addition to chipping or cracking of the teeth. Both matters may trigger a decline of the gum tissues and ensuing bone loss, which then exposes the delicate tooth roots and can lead to required oral health treatments.

Continual long term clenching or grinding can produce pain in the temporomandibular joint (TMJ), it can limit movement in the joints, may well trigger joint noises like popping and clicking, particularly when opening your mouth wide or during eating, might produce corrosion of the surface bones within the joint space that might lead to osteoarthritis and muscle spasms if left untreated. The most used method for treating temporomandibular disorders is to construct a custom-fitted bite splint which can either be worn exclusively at nighttime or through the daytime as well. Bite splints help to evenly distribute the forces and pressure of bruxism over all of the patients teeth stopping a decline of the gum tissues. Additionally, bite splints work to impede deterioration of the teeth and joint spaces, and help alleviate irritating and painful symptoms such as head aches, muscle spasms, tooth pain, and joint sounds.