

TOOTH GRINDING/MOUTH GUARD

Tooth grinding, particularly at night, is very common, affecting up to 50% of people. It can cause sore facial muscles, headaches, ear aches and neck pain, and can also cause the teeth to become ground down and more sensitive.

There are many causes of tooth clenching or grinding, including stress, anxiety, poorly aligned teeth and problems with the jaw joint. By reducing your stress levels you may see a dramatic change in your tooth-grinding habits. However, it may also be necessary for us to provide you with a small appliance (somewhat like a custom made mouthguard) to reduce the wear on the teeth and to alleviate the symptoms. We would recommend that anyone who feels that they may be clenching or grinding their teeth should arrange an appointment with us for a comprehensive examination.