

Anxiety Free Dental Care

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Do you grind your teeth?

How to treat and prevent Bruxism

Bruxism is the repeat action of grinding or clenching the teeth. Clenching means you tightly hold your top and bottom teeth together. Grinding is when you slide your teeth back and forth while you clench. Bruxism can happen to children of all ages or adults. Depending on the person, bruxism can be silent or be so loud that others will wake from it.

Some symptoms of bruxism may include:

- Headaches
- Sore jaw
- Toothaches
- Facial pain
- Worn and cracked teeth or fillings
- Loose teeth
- Earache
- Insomnia

What causes bruxism?

The causes of bruxism are uncertain but stress, sleep issues and an abnormal bite are some things that are linked to bruxism.

What is the treatment?

Treatments may include:

- A protective “night guard” worn over the teeth while you sleep
- Stress reduction
- Medication for pain/ muscle spasms

Night guards are custom-made from plastic or acrylic. The night guard fits over either the upper or lower teeth to prevent the teeth from being ground down.