

What is Bruxism?



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Bruxism is condition characterized by clenching or grinding of teeth, often during sleep. It can cause a range of dental problems, including tooth wear, broken teeth, and jaw pain. This patient information brochure will provide an overview of bruxism, its causes, symptoms, diagnosis, and treatment options.

Causes of Bruxism

The exact causes of bruxism are not known, but it is believed to be related to several factors, including stress, anxiety, sleep disorders, and abnormal bite. Certain medications and substances such as caffeine, alcohol, and tobacco can also contribute to bruxism.

The symptoms of bruxism can vary from person to person, but common symptoms include:

- Grinding or clenching of teeth, often during sleep
- Worn, broken, or chipped teeth
- Jaw pain or stiffness
- Headaches
- Earaches
- Facial pain
- Sleep disturbances

Diagnosis of Bruxism

Diagnosis of bruxism typically involves a dental exam and a review of your medical history and symptoms. Your dentist may also take X-rays or recommend a sleep study to determine the severity of your bruxism.

Treatment of Bruxism

Treatment of bruxism depends on the severity of the condition and the underlying causes. Common treatment options include:

Mouthguards: Mouthguards are dental devices worn during sleep to protect the teeth from grinding and clenching. They are custom-fitted to your teeth to ensure a comfortable fit.

Stress management: Stress and anxiety can contribute to bruxism, so stress management techniques such as relaxation exercises, counseling, or medication may help alleviate symptoms.

Dental treatments: Dental treatments such as crowns, bridges, and orthodontics may be necessary to correct bite that contribute to bruxism.

Medications: In some cases, medications such as muscle relaxants or antidepressants may be prescribed to relieve symptoms of bruxism.

Conclusion

Bruxism is a common dental condition characterized by grinding or clenching of teeth, often during sleep. It can cause a range of dental problems, including tooth wear, broken teeth, and jaw pain. The exact causes of bruxism are not known, but it is believed to be related to stress, anxiety, and sleep disorders. Treatment options include mouthguards, stress management techniques, dental treatments, and medications. Remember to seek professional dental advice if you have any questions or concerns about bruxism.