

How do I know if I am grinding and clenching?

'Bruxism' is the medical term for subconscious tooth grinding and clenching. Some people who grind and clench their teeth will experience pain in the teeth, jaw, cheeks, jaw joint, neck, and head. Other people may experience a clicking or locking jaw-joint, decreased mouth opening or a blocked ear that their doctor cannot find a reason for. Others may have no pain or symptoms at all and may be diagnosed by a well trained and thorough dentist.

Why do I grind and clench my teeth?

We do not know for sure what causes bruxism, though we think it's actually caused by a combination of physical and psychological reasons. Often bruxism is linked to stress and anxiety, some medications and certain sleep conditions like snoring and sleep apnoea.

If you have been diagnosed with sleep apnoea, snore, or have symptoms like waking in the night, gasping in your sleep, or daytime fatigue it is worth discussing this with us as your bruxism may be linked to your sleep.

Why is bruxism bad for me?

Bruxism will wear down, crack and damage the teeth, which leads to pain and extensive dentistry. People who grind and clench often break and damage the dentistry that is done on their teeth, which sets them up for a vicious cycle! Bruxism can also damage the very fragile jaw joint, leading to pain, clicking, locking and other serious problems like arthritis and the need for surgery.

How can I find out more information?

If you are interested in finding out more information about botox or bruxism call the Bite team on 07 3221 5399.

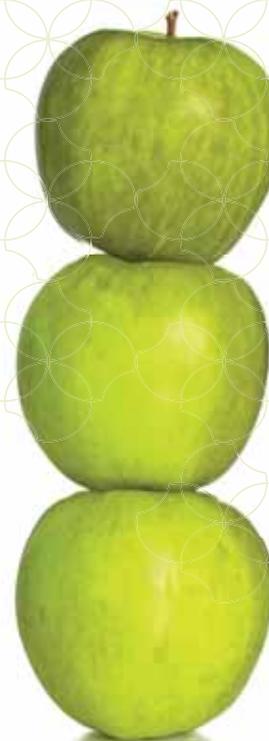


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Botox for bruxism?

Loosen up with this solution to teeth-grinding



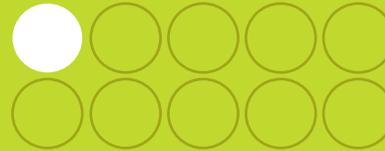
On the grind

Does your partner tell you that you grind your teeth at night? Do you experience any unexplained jaw pain? These are just some of the signs of bruxism, an unconscious habit which can cause pain and discomfort if not treated effectively.

IS GRINDING AND CLENCHING COMMON?



Approximately
1 in 4 adults
grind their
teeth during
the day.



Approximately **1 in 10 adults**
grind their teeth at night.

Often people will grind and clench
their teeth both during the day
and at night.

How can bruxism be treated?

Day-time bruxism can be treated by awareness and conscious habit breaking. Night-time bruxism is treated by wearing a plastic mouthguard to sleep. Often physiotherapy is added to help with pain, clicking jaw-joints and tight muscles. Stress management and relaxation can help to a degree. Muscle relaxant medication can be used, but the drawback is that this medication enters your body and works on muscles and organs that are not involved in grinding and clenching. Botox is a medication that is used to target just the muscles used for grinding and clenching.

Why do people choose botox?

Many people cannot tolerate wearing their mouthguard at night, do not want to do so, or simply forget to. Others find that conscious habit breaking, physiotherapy, and stress management work only when they have the time to implement these techniques. People choose botox treatment as it's a solution that works all day and night and needs no extra intervention or effort on their part. You can continue to wear your nightly mouthguard as extra protection but often botox treatment allows you to get rid of it!

How does botox work?

You have probably heard a lot about using botox for cosmetic purposes, but it actually is also a medication used for many medical conditions. It works by partially decreasing the activity of the treated muscle, which means that conditions like tremors, spasms and bruxism can be treated. When grinding and clenching muscles are treated they are relaxed, which means that while you can still chew and talk and use your mouth normally you cannot create the very high and intense forces that destroy your teeth and cause you pain.

Will anyone know I have had botox?

Nobody will know that you have had botox treatment for bruxism. If you have been grinding or clenching for a long time your cheek muscles may be stronger and more prominent than what they should be. This means that your face may appear more round or square than it is naturally. As your muscles relax you may find that your face starts to slim. This happens gradually over several months and is very subtle. Many people actually have botox treatment for this effect alone!

The process of botox

1. During the procedure

We are lucky to have an experienced medical doctor who treats our clients for bruxism with botox. The doctor will evaluate your level of grinding and clenching and the strength of your muscles to determine the appropriate amount of botox. The procedure usually takes about 15 minutes and requires no anesthetic as there is minimal discomfort. Patients describe the sensation as a small prick and then a few seconds of pressure.

2. What to expect afterward

You can go about your day straight after your treatment as per normal. Side effects are uncommon, minimal and temporary. The treatment will start to take effect slowly over the next few weeks and the full effect is usually experienced at around 4 weeks. You will notice that you can still chew, talk and use your facial muscles normally but that your clenching, grinding and pain diminishes.

3. How long it lasts

The effect of botox depends on the level of your bruxism and the strength of your grinding and clenching muscles. Generally, our doctor will review you at three months to see how well you are responding to treatment. At this appointment, you may require a top up. The doctor will continue to review you over time. The aim is to reach a point at which your muscles have lost the habit so that you are free of clenching and grinding and need no more treatment.

