

TOOTHFULLY. *speaking*



Dr. Preety Desai

GRINDING AND CLENCHING - DON'T LET ANYONE SAY YOU DON'T - WE ALL DO IT!

Bruxism is caused by the excessive contraction of the masseter facial muscle normally used for chewing and is located under the cheek bones on the sides of the face. The condition of “non-functional muscle contraction” affects up to 78% of adults and up to 50% of children ~ and NO it is not necessarily stress related ~ it is a habit! Another myth!

People often are unaware that they are grinding/clenching their teeth because it commonly happens during sleep. Self diagnosis in the mornings shows referred pain to the temples, jaw, head, neck and shoulders and eyes. Your dentist sees the damage from these habits in the teeth which includes the erosion of enamel, gum recession, tooth sensitivity, broken teeth, more root canals, sore muscles of the neck, face and jaw (TMJ syndrome).

Relief of the symptoms are available through the use of a bite splint or night guard. The custom device fits tightly around teeth acting as a buffer between opposing teeth to distribute the forces of the habit onto the plastic instead of your teeth. Newer options are called NTIs. These are much smaller custom bite splints. There are also newer materials available today that are more malleable and flexible - less rigid.

For those facing gum disease or periodontitis associated with bruxism, treatment for the periodontal disease is the first step to restore oral health.

eLAPT is the latest treatment available and is an alternative to traditional gum surgery with less pain and healing times. eLAPT utilizes laser technology to gently remove bacteria and diseased tissue from the gums. The laser tip is tiny, equal to the width of approximately three human hairs. Because it uses energized water to evaporate and explode the bacterially infected tissue without adjacent damage it leaves the gum tissues and teeth untouched and healthier.

As with periodontal surgery, the removal of disease-causing bacteria e-LAPT allows the body to heal naturally so the gum pockets improve and the teeth become more stable. Since the gum tissue is not cut with a scalpel, there is little to no gum recession, no stitches, minimal bleeding and quicker, easier recovery — typically about a couple days. Another side benefit is that there is bio-stimulation of the jaw reducing pain and inflammation associated with TMJ Syndrome ~ very commonly done in European medicine.

Massage can also alleviate headaches, pain and tension in the neck face and shoulder associated with bruxism. Focusing on trigger points (muscle knots) can restore a full range of motion of the jaw. The base of the skull and back of the neck are massaged in small circles and then deep tissue massage techniques applied in the neck and trapezius (the large muscle covering the tops of the shoulders and back.) Also medium to deep pressure trigger point therapy can be applied to the masseter muscle, the main muscle involved in bruxism.

So if you have diagnosed yourself (almost everyone does it!) ~ get a splint and get yourself checked out for any signs of gum recession or gum disease before it is too late to use the laser!



Laser Implant Periodontal

SPECIALIST

t. 778.471.6001

a. 101-775 McGill Rd, Kamloops

www.kamloopsperiodontist.com