

Teeth Grinding and Headaches  
at



**BRUNSWICK  
DENTAL GROUP**  
ENHANCING YOUR SMILE

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**TEETH GRINDING  
AND HEADACHES**

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*Reduce the stress and anxiety;  
say goodbye to headaches*



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**[www.bdg.net.au](http://www.bdg.net.au)**

Did you know that headaches can be caused by or triggered from bite problems?

Unconscious and excessive grinding or clenching of teeth, otherwise known as bruxism, is common and often the catalyst for this condition. Exacerbated by stress, it corresponds with the amount of tooth grinding or clenching that we do. In many cases, this grinding is done at night when we are asleep so we are not even aware that we are doing it.

If untreated, bruxism can lead to:

- Fillings, broken crowns and worn tooth surfaces that lead to cracked and chipped teeth. Teeth with large fillings are especially susceptible to breakage resulting in expensive treatment as decay weakens the teeth.
- Sore and sensitive teeth especially to hot and cold sensations.
- Clicking jaw joints.
- Facial, jaw and ear pain.
- Gum recession is also linked to bruxism. Depending on the degree of recession, it may become necessary to perform reconstructive gingival procedures as well as correcting the occlusion (bite).



## FACTORS CONTRIBUTING TO BRUXISM

Do you suffer from any of these common factors?



- Stress
- Anxiety
- Nutritional deficiencies
- Sleep disorders
- Improper bites known as malocclusion

At Brunswick Dental Group, we like to inform and empower our patients to make the right decisions regarding their oral health. By considering and dealing with these factors, we can prepare you to maintain healthy and functional oral health.

## OPTIONS AVAILABLE TO TREAT BRUXISM

- Decrease the amount of stress in your life. Make a conscious effort to relax and stop clenching and grinding when you notice it.
- Repair the worn down enamel as soon as possible. This will protect the inner and softer structure of the tooth called dentine. Dentine wears much faster than hard enamel and needs to be protected from harmful substances.

- Get a preventative splint made so that you can wear it at times you notice that you grind or clench, such as sleeping or driving in the car. A splint will take the force of grinding instead of your teeth.

At Brunswick Dental Group, we recommend that you consult with our team so that we can assess what course of action is best for you. Often it is as simple as having a splint custom-made for you. Splints can be made for adults and children alike. They are comfortable to wear due to their snug fit, and allow you to speak and breathe easily.

Most people manage the effects of bruxism and notice the symptoms disappear in a few days. Years of bruxism can cause a wide variety of symptoms, which may be alleviated by rebuilding worn teeth to their original height and creating a more favourable occlusion (bite).

Be sure to advise us of your full medical history at each and every appointment so that our dentists will be able to see the first signs of any potential problems.

