

FOREST HOUSE DENTAL PRACTICE



FEBRUARY 2018

Teeth and the Daily Grind!

Tooth grinding and clenching can cause many problems. The medical term for tooth grinding and clenching is bruxism. This can happen by night or day or both and many people are unaware that it is something they are doing. The muscles involved in bruxism are the large cheek muscles, small muscles around the jaw joint and even the large muscle that spreads right from the face to the shoulder. The force used in bruxism causes these muscles to become tight and tense. The huge forces generated can cause tooth wear or even breakage, as well as pain to the surrounding tissues, joints and other muscles. Bruxism is also a way of dealing with stress and many people notice their face is more tight and tense when times are stressful.

Effects on the face and head:

The muscle tension involved can cause headaches, migraine, toothache, jaw and neck pain. Clicking jaw joints can also be a result of bruxism when one of the small muscles involved goes into spasm.

Effects on the teeth:

The combination of active periodontal (gum) disease and bruxism can be extremely destructive as the forces on the teeth are dynamic—it's like the forces involved in getting a post out of the ground, you move it by rattling it around in all directions, till it gets loose. This is not what we want to happen to teeth! The forces can also cause teeth to wear, chip, break or even split right through the middle.

What can be done?

We advise our patients first to be aware of what their teeth are doing throughout the day. Once you can become aware that your jaws are generally clamped together, it can be possible to actively decide to relax! One active way to do this is set your phone alarm to go off at 15 minute intervals, then check where your teeth are. You can relax your jaw by saying “n-n-n-“. When your tongue goes to the roof of your mouth you can't clench at the same time. Moist heat massage, using 2 pieces of facecloth or towel, with warm water and gently massaging the jaw joints is also helpful.



What else can we do?

Sleep Clenching Inhibitor

The sleep clenching inhibitor is a small dental splint which is worn on the front teeth. It separates the molars all night which switches off all the clenching activity and lets the muscles relax.

We highly recommend these as a way of treating bruxism related pain. We have used these successfully for many years.

Acupuncture

Treatment with acupuncture helps break up the muscle tension.

Massage

A podiatrist or sports massage therapist can provide facial massages – which really helps.

Medication

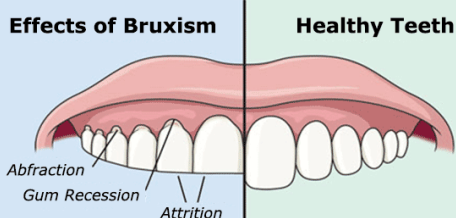
General medical practitioners may prescribe amitriptyline as a muscle relaxant.

Botox

Botox treatment can deprogramme the large clenching muscles, which reduces the pressure on the teeth and allows the other muscles to relax. It can last 12-18 months and allow the habit to break.

In conclusion

If you are suffering from migraine, jaw and neck pain, morning headaches or pain from your teeth, it may be that you're a bruxist!



MYTH BUSTERS

Myth: The more sugar you consume the more tooth decay a person can have.

Answer: Of course limiting sugar intake can contribute to overall health, but the amount a patient consumes isn't the deciding factor in tooth decay. At any given time, there are over 500 different types of bacteria roaming a patient's mouth that thrive on sugar. The combination of the bacteria and sugar forms an acidic reaction that can lead to tooth erosion. The longer the sugar sits in your mouth, the higher the chances of you developing tooth decay. We can minimize the chance of this by using good brushing techniques and avoid slowly-dissolving sweets. We are not saying stop the great snacks we all love just try to reduce them or have sugary snacks with a meal.

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**Forest House
Dental Practice**

SMILE MAKEOVER 😊



BEFORE



AFTER

Case completed by Dr Dhiresh Raithatha

This lady came as a new patient to the practice and complained of the stained fillings and chipped teeth at the front of her smile. This was affecting her confidence socially and she felt ashamed to smile in front of her own family members.

Dhiresh discussed various options with her and offered a personalised consultation and treatment plan to address her concerns and help her to achieve the smile she wanted. Dhiresh showed her the smile she would achieve by simply adding white fillings to the edge of her teeth to ensure she would be happy with the size and shape of her teeth prior to beginning treatment.

After carefully considering these options, Dhiresh provided whitening and painlessly replaced of all of her front fillings to the same colour as her original teeth. The fillings were then polished very carefully and are now unnoticeable.

This lady was delighted with the final result and can now smile with confidence after her concerns were addressed. She is now looking to further improve her smile and will be returning to replace other fillings.

Dhiresh also provides Invisalign which is a teeth straightening system. To see what we can do for your confidence why not book a complimentary consultation with Dr Dhiresh Raithatha or just come in for a chat with a member of our friendly, caring and highly experienced team? Please call us on 0116 289 8888 or email us at reception@foresthousedental.co.uk



We Can Help

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consultation
now****



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For more information please speak to reception



Congratulations to one of our dentists Hussein who has just completed a 1 year course in advanced restorative dentistry.

WELL DONE 😊

OPENING TIMES THIS MONTH - FEBRUARY

MONDAY: 9AM-5PM
TUESDAY: 9AM-5PM (5PM-7PM: PRIVATE)
WEDNESDAY: 9AM-5PM
THURSDAY: 9AM-5PM
FRIDAY: 9AM – 5PM
SAT/SUN: CLOSED

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