

Treating Bruxism: What To Do About The Signs Of Bruxism

Many people do not think the bruxism is a kind of dental problem. Bruxism is a condition that affects millions of men, women and children around the world and which can range from being quite mild to severe. There are many people who suffer from the condition but who do not even have any idea about it. A person with bruxism involuntarily grinds their teeth and clenches their jaw while they are sleeping. The condition is not considered as being extremely dangerous but it can cause pain and discomfort.

While bruxism is not life threatening it can cause serious problems, everything from chipped to missing teeth, infections and more. That includes a wearing down of tooth enamel, chipped teeth, increased temperature sensitivity and even infection of the teeth and gums. That includes enlarged jaw muscles and chewed tissue on the lips and inside of the mouth more than anything. Enlarged jaw muscles, chewed tissue on the inside of the cheek, chronic facial pain and indentations on the tongue are all common symptoms caused by bruxism.

People who sleep alone often go long periods of time without even realizing that there is a problem at all. For most people unless they have a partner they sleep with they will not find out they have bruxism until they notice the signs and symptoms in themselves. People who are deep sleepers may not notice they are grinding down on their teeth unless someone else notices and tells them. For those who find their symptoms are disrupting their life and causing them problems, it is important to get in to the doctor.

Stress management is one of the first treatments most doctors suggest, as stress is the main cause of bruxism. Because stress is known as being the number one cause of bruxism, doctors want to work to relieve that patient's stress and get that out of the way to see if that was in fact the problem. In some cases this is enough to relieve stress and effectively treat the bruxism condition. Dental approaches are usually involved in cases where there are cracked or missing teeth.

Mouth guards work well to protect the teeth overnight and can be customized to fit your mouth so you will hardly even know you are wearing one. In the worst cases medication may need to be prescribed. A muscle relaxant or even anti anxiety medication may be used to help the person feel calmer and settle off to sleep easier. Muscle relaxants are used to keep the muscles of the jaw relaxed.

About the Author

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