



PATIENT INFORMATION

ADVICE FOR HEADACHES, JOINT PAIN, STRESS, CLICKING

Symptoms of headache, TMJ pain, muscle spasm and neck ache can often be resulting from your teeth not fitting together comfortably. As your jaw has strong closing muscles where discrepancy in the fit of your teeth arises, pain can arise in these muscles, in your teeth and further afield such as your neck.

An important part of curing this is to identify the cause and this would involve an occlusal examination where your teeth contours are inspected along with the muscles that control your jaw movements.

The diagnosis of occlusal in-equilibrium can be initially treated with a lucia jig which frees the discrepancy and is worn at night for approximately two weeks. In many cases, this will cure the muscle pain, headache and clicking you may be experiencing.

Following the review appointment, a special hard acrylic bite splint will be made for longer term treatment and prevention of your problem returning.

In certain cases, the careful and planned adjustment of your tooth contacts can be preformed in a process called "occlusal equilibration". This can provide a long term adjustment that can keep you comfortable and prevent recurrence. Relapse of these adjustments can occur but, in the vast majority of patients, the symptoms do not return.

