

# OCCLUSAL SPLINT

## Grinding & clenching of teeth

**Q** What problems can grinding and clenching of teeth cause?

- A**
- Damage to your smile
  - Increased wear of fillings and teeth
  - Damage to veneers and crowns
  - Failure of dental implants
  - Headaches
  - Jaw and neck pain
  - Increased facial muscle around the jaw.



**Q** Is clenching my teeth unusual?

- A**
- Around 30% of us clench our teeth whilst we sleep. This is known as Bruxism. This can unknowingly be the cause of headaches and tension in the neck and shoulders. Common signs of Bruxism are worn down or chipped teeth.



**Q** How do I know if I clench my teeth?

- A**
- Your dentist may be able to see if you clench or grind your teeth, although sometimes it may go untreated for a long period of time. Some of the symptoms include:
- Headaches or jaw/neck pain, especially in the morning.
  - Notice of wearing down of your teeth
  - Damage to dental restorations without any apparent reason, e.g. crowns or fillings

- Tender temple/ jaw muscles
- Discomfort whilst chewing
- Jaw makes a clicking sound.

**Q** What can I do?

- A**
- You can wear a SCI, a Sleep Clenching Inhibitor.



**Q** What are the benefits of SCI?

- A**
- SCI treatment is non invasive. The SCI is worn at night and will reduce the tensing of jaw muscles and reduce the risks associated with Bruxism.

**Q** Why do patients like to use the SCI?

- A**
- There are many reasons why patients like to wear the SCI, they include:
- Low profile – worn just over your 6 upper anterior teeth – incisor to incisor
  - Tailor made giving a great fit
  - A soft inner lining to give added comfort
  - Suitable for patients with a deep bite

**Q** Where can I find more information?

- A**
- Contact Solutions 4 Snoring LTD on 0870 720 2180 or visit [www.solutions4snoring.com](http://www.solutions4snoring.com)

### Possible Risks

- Guard wearing away with excessive grinding
- Discomfort when wearing guard