

TMJ Dentist Chilliwack

Certain kids are known to suffer from a condition named "Bruxism". This problem can be heard frequently as harsh teeth grinding and scraping sounds whilst they are sleeping. It's more uncommon for youngsters to show these types of signs and symptoms throughout the day. Bruxism is the medical term for clenching of the jaw as well as grinding your teeth, especially throughout periods of deep sleep or while the body is under stress. Approximately 30% of kids clench and grind, with the greatest frequency levels are in kids less than 5 years old.

In certain cases the source of Bruxism is not known for sure. Imbalanced teeth or poor tooth alignment between the upper and lower teeth may be the origin of grinding and clenching. Other situations are the result of pain, just like teething or earaches. Subconsciously youngsters might grind their teeth as a way to alleviate the pain sensation, just as we would probably rub sore muscle tissues.

Nervous anxiety or displeasure might also bring about bruxism in children. Your youngster may have reservations about a alteration in their routines, a test at school, or just common stress with friends and family. Arguing with parents or guardians can create ample tension to trigger jaw clenching or teeth grinding.

Recurrent stress from clenching and grinding will possibly slow the growth of the posterior molars and might affect correct alignment of the teeth and jaws. An incorrect bite stimulates pressure points in the mouth and jaw that could result in face pain, throat pain, tenderness or rigid jaw joints, and level of sensitivity or anxiety in the temporomandibular joint (TMJ). Frequently when kids have concerns adjusting to or relieving excessive pressure in their eardrums, grinding might be a way for them to help alleviate this pressure. In a few kids, their night time clenching and grinding can be extreme enough to wear out the enameled surface of the teeth, chip teeth, cause sensitivity to cold and hot stimuli, and can easily result in severe jaw issues and facial pain, such as temporomandibular joint disease (TMJ). Lastly, a number of youngsters may suffer early morning headaches or earaches as a result of nighttime clenching and grinding.

Usually youngsters are not conscious of the fact that they are grinding their teeth. It is likely to be the parents or siblings who initially detect the problem. Some of the indicators to take into consideration are grinding sounds while the child is asleep, thumb and finger sucking, nail biting, complaints with regards to a sore face or mouth in the morning, chewing about the sides of the cheek, tender ears and temples, and gnawing on pencils and toys. In the event that there is a concern that your youngster could be exhibiting one or maybe more of these signs or symptoms, have your dental health care professional analyze the teeth for chipped enamel and abnormally worn out teeth. If there is any visible signs on the molars, an exam may be executed to ascertain whether the grinding is being triggered by misaligned teeth or psychological anxiety conditions and come up with a personalized therapy plan.

A night guard could be prescribed to the child in circumstances whereby the clenching and grinding is causing face pain and jaw pain or there is some enamel deterioration on the teeth. Most of these customized guards are excellent for your child's teeth and therefore are similar to the types worn by professional athletes. It could take youngsters a few evenings to get used to wearing a mouth guard, but they're pain-free and will provide nearly immediate benefits.

Prior to bedtime parents should attempt to establish a more tranquil environment for the child so as to help him handle bruxism. A wonderful pattern might be reading a book, taking a warm bath or enjoying some comforting music. For tension related issues with bruxism, we encourage the families to expose what might be adding to the child's issue to be able to seek out a remedy to anxiety.

Preventing bruxism in many situations can not be done if the source is a natural reaction to development and growth. However, bruxism could be effortlessly stopped if the source is stress related. You'll find numerous methods to coping with anxiety and emotions by exercising, eating habits and understanding that can easily and might positively modify the child's mood. Every situation will singularly depend on the kid and the scenario as to be the very best method for improving stress levels. Furthermore, your oral health care provider can also custom fabricate an oral device to help arrange the jaw and avoid any subsequent damage caused by bruxism.