

Am I a bruxist?

Bruxism and TMJ Dysfunction can cause headaches, jaw pain, and other severe dental problems if not treated properly.

But how can you know if you are a bruxist?

Below, you can find a questionnaire that may help you conduct a brief assessment.

Do you experience frequent headaches?

Have you noticed pain or discomfort in the jaw upon waking up?

Have your partner or family members mentioned that you grind or clench your teeth during the night?

Have you observed signs of wear or fractures in your teeth?

Have you experienced pain or tension in the muscles of the jaw or face?

If any of your answers are affirmative, you may have bruxism.

It is important to note that the symptoms of bruxism can be similar to those of other dental and temporomandibular joint disorders. Therefore, it is crucial to consult with a dentist or a temporomandibular disorders specialist for an accurate diagnosis and an appropriate treatment plan.

The solution for Bruxism and TMJ issues



04079_2341

Bruxism and Temporomandibular Joint (TMJ) are related conditions that can cause headaches, jaw pain, earaches, difficulty chewing, and other symptoms.

Bruxism is a disorder in which a person tends to involuntarily grind or clench their teeth, usually during sleep.

The TMJ is the joint that connects the jaw to the skull, enabling the movement of the jaw during speaking, swallowing, and chewing. It can be susceptible to issues such as TMJ Dysfunction, which may be caused by excessive wear, injuries, bruxism, and other factors.

Main Symptoms

Jaw pain

Difficulty opening and closing the mouth

Earache

Headache

Muscle fatigue

Dental wear

If you experience symptoms of Bruxism or TMJ Dysfunction, talk to your dentist for proper treatment.

OrthobruX

Nylon Occlusal Splint



The Nylon Occlusal Splint is an effective solution for patients suffering from Bruxism or other TMJ disorders.

The splint is custom-designed for each patient, allowing for even distribution and discharge of pressure on the teeth and temporomandibular joints, reducing tension and pain, while also helping prevent future dental damage.

The properties of its material (Polyamide 12) make it very comfortable and lightweight, resistant, durable, precisely fitting, and easy to clean.

The splint is indicated for...

Reduce el dolor mandibular y la tensión muscular

Protege los dientes y las encías

Evita el desgaste dental durante el sueño

Alivia los síntomas de la Disfunción de la ATM

Mejora la calidad del sueño y la calidad de vida

