

Bite Imbalances

When you have an imbalance between your bite and your jaw joints, your teeth fit together in a way that is different from the way your jaw joints should be fitting together, creating multiple possible biting positions. This typically results in increased muscle tension of all of the jaw muscles, along with an imbalance of the forces at work as you bite and chew. Signs and symptoms of this imbalance include jaw pain, muscle pain, tooth sensitivity, tooth wear, teeth shifting or crowding, clenching or grinding, chipped or cracked teeth or restorations, and headaches.

Here are the three options we recommend to improve the overall balance and harmony of your chewing system:

TREATMENT OPTION	DESCRIPTION	COST & COVERAGE
<p>Resurface the Bite (Occlusal Orthotic Appliance / Night Guard)</p> 	<p>An occlusal orthotic appliance, commonly called a night guard, is a device that is typically worn overnight to create a barrier between your upper and lower teeth, eliminating the damage they cause by rubbing against each other. A well-designed appliance will help relax the musculature, reducing clenching and grinding and the associated pain and tooth wear. Although the appliance does not treat the cause of the bite imbalance, it is frequently recommended because it is a non-invasive way to reduce the effects without changing your bite or tooth structure. Though typically worn at night, it can be made for full-time wear. Requires a series of visits, including initial impressions, appliance delivery, and then 2-3 follow up adjustments.</p>	<p>\$1299, which includes initial records, appliance, and several follow up adjustments.</p> <p>For dental plans with TMJ coverage, there <i>may</i> be a 50% benefit (but this is not common).</p> <p>In some cases, orthotic appliances are covered under medical benefits.</p>
<p>Move the Teeth (Orthodontic Treatment)</p> 	<p>Orthodontic treatment is often a non-invasive method of improving the overall balance and harmony of the chewing system. Invisalign and similar systems involve the use of plastic aligner trays to move the teeth into a more ideal position over time. The trays are clear and can be removed for eating and brushing/flossing. Before treatment begins, a virtual simulation is done to plan movements and see the proposed end result. Treatment generally takes 6-18 months. After treatment, you may need a minor bite adjustment, and then will need to wear a nighttime retainer to maintain ideal alignment.</p>	<p>\$425 initial records \$4500-\$6500 orthodontic treatment \$225-\$485 retainer(s)</p> <p>For plans with ortho coverage, treatment is typically covered at 50% with a maximum lifetime benefit of \$1000-\$2500.</p>
<p>Reshape the Teeth (Equilibration and/or restorations)</p> 	<p>Through a combination of equilibration and restorations, we can reshape the occluding (biting) surfaces of your teeth, creating more ideal contact between your upper and lower teeth and improving the function of your bite. Because this option is invasive—usually requiring removal of some healthy tooth structure—we always begin with a set of comprehensive records, which allow us to gather more information about your bite imbalance and possible treatment options. Dr. Watson will do a mockup of recommended changes on models of your teeth before changing your actual teeth.</p>	<p>Approx. \$1100 for initial records visit & treatment presentation; any treatment recommended as a result will be quoted separately.</p> <p>Insurance typically does not cover comprehensive records or equilibration, but may cover a portion of restorations such as crowns or onlays.</p>