OCCLUSAL EQUILIBRATION

PURPOSE: Many times teeth and jaws do not occlude (come together) in an acceptable position for many reasons. Some of these reasons are: fillings, crowns and/or bridges that have been placed over a period of years and have changed the bite, orthodontics, developmental defects, oral surgery, trauma, malocclusion (poor bite), bruxism, and clenching.

Occlusal equilibration is the mechanical adjustment of your teeth, dentures, bridges, fillings, or other oral appliances to a position that allows your lower jaw to function in a natural hinge in relation to your upper jaw without improper influence from teeth. This is done by selectively grinding certain interferences in your bite.

OCCLUSAL EQUILIBRATION—IS IT HARMFUL?: Your mouth is being equilibrated because some problem exists: pain, abnormal enamel wear, breaking of restorations, or other situations. The problem is usually present because the teeth and/or restorations do not meet in harmony with your lower jaw at the proper position. The teeth and fillings have not "worn in" properly. Occlusal equilibration "wears" some areas mechanically and allows the teeth to meet harmoniously. It is not harmful but is beneficial.

THE FUTURE: A simple occlusal equilibration can be accomplished in a short time. Only slight future changes in your occlusion (bite) occur over a period of time because of small movements of teeth in the jaw bones. More complex equilibrations may require several appointments, and the teeth may shift more between appointments. When your symptoms are gone and your occlusion is relatively stable, your equilibration will be finished. Placement of any new fillings in your mouth will change the way the teeth contact. The dentist accomplishing this treatment should be advised of your past occlusion problem.

HOW YOUR TEETH FEEL: After occlusal equilibration, your occlusion (bite) will feel different to you. This is to be expected. You will gradually accept this location as your new chewing position, and it will feel very good.

If you have questions or problems, please call us.

Los Alamitos Dental Care

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