

# Traumatic Occlusion

*"Don't hurry, don't worry, and don't forget to smell the flowers."  
-Mom*

## What is Traumatic Occlusion?

Traumatic Occlusion is caused when the relationship between opposing teeth is not properly balanced. Clenching, grinding, and/or rubbing of teeth can all lead to traumatic occlusion.

## What Causes Traumatic Occlusion?

- **Stress:** Life is fast-paced. Relaxation has taken a back seat. Our body and bite react to stress in negative ways. Stress promotes clenching, grinding, or rubbing of teeth.
- **Habits:** Chewing on gum, pencils, ice, and fingernails, or clenching and rubbing your teeth together promotes traumatic occlusion.
- **Missing Teeth & Trauma:** When there is a tooth missing or facial trauma, the bite pressure load changes. This extreme load on teeth promotes traumatic occlusion.
- **Dental Decay & Fracture:** When original teeth are altered due to decay or fracture, dental materials are used to restore your tooth and bite. If the occlusion fits poorly, the result is traumatic occlusion.
- **Orthodontics:** The fit of upper and lower teeth is a very sensitive relationship. If orthodontic treatment is not cared for properly, there can be occlusion problems.

## Signs & Symptoms

- **Wear on Teeth:** Enamel is the hardest tissue in the body. With a strong or "off-set" bite, the enamel wears into sharp points. Wear continues through the enamel into the dentin, which is six times softer than enamel. Teeth can become "dished out" or worn flat over time.
- Chipped Teeth
- Tenderness of teeth and jaw
- **Pain:** Traumatic occlusion causes stress on muscles and joints. This causes pain in your jaw, neck, shoulder, and back muscles.
- Ear aches
- Headaches/Migraines
- Mobility of Teeth
- **Tori:** Jaw bone grow overloaded with traumatic occlusion pressure.

Creekside Dental  
13097 S. Parker Rd.  
Suite A  
Parker, CO 80134  
303.841.0549

Burning Tree  
Family Dentistry  
7601 Burning Tree Drive  
Franktown, CO 80116  
303.688.2512  
[www.gotgrin.com](http://www.gotgrin.com)