



Anti Grinding Devices

Grinding, also known as bruxism, can be very detrimental to the health of our teeth and is the number one cause of tooth fracture.

Bruxism is often a habit that is carried out during sleep which means it cannot be consciously stopped.

Occlusal splints are anti-grinding devices that have been developed to withstand the forces generated by grinding.

The splint resembles a small mouthguard that is custom fitted to your teeth and is comfortable and easy to wear. In fact most of our patients say they are so used to wearing one that they don't even notice it anymore.

For further information contact our team at 818 Dental.