

## Equilibration (Bite Balancing)

### The Problem

Our teeth can contact one another in good ways, but if they contact each other in bad ways, damage and wear may occur. The process of equilibration adds good points of contact and removes places where the teeth can damage one another. When equilibration is used as a part of a restorative dentistry procedure, it can increase the comfort and longevity of the dental work.

Many times, bruxism (tooth grinding) is the result of an improper bite. If dental work is done without creating the proper bite, grinding or clenching may result. An unbalanced bite may cause damage to teeth, jaw joints, and restorative dentistry. Therefore, at Peninsula Dental we balance the bite, if needed, to ensure that our dentistry lasts.

### The Solution

Equilibration, a simple procedure done in the office, is a method of achieving a good, balanced fit between your teeth. To achieve the best balance, Dr. Burns adds new surfaces and removes tiny contact points that keep the teeth from fitting together properly. After this procedure has been performed, the tendency to grind or clench your teeth may be eliminated altogether.

To balance the bite, the models of the teeth are placed on a machine that duplicates how you chew. The dentist performs a trial balance procedure on the models first, finding all of the locations where tooth structure must be added or removed to create the right fit. After perfectly balancing the models, the dentist performs the same procedure in the mouth, with the knowledge that it will work.

Some patients may continue to grind their teeth even after the bite has been balanced, usually in their sleep. A nightguard, when worn regularly, will eliminate damage to the teeth caused by bruxism that occurs during sleep, and can eliminate the pain associated with it. A thin, easy-to-wear device, this appliance will allow you to keep natural teeth longer and maintain a healthier smile while protecting dentistry already in place.

Ref: Dr. J. Eubank, DDS