

TMJ Therapy and Teeth Grinding at Core Dental Bayside

Canonical: <https://directory.coredental.com.au/tmj-therapy-and-teeth-grinding-at-core-dental-bayside/>

Description:

TMJ Therapy and Teeth Grinding at Core Dental Bayside Jaw pain, clicking joints, morning headaches, and worn teeth are common signs that your temporomandibular joint (TMJ) or a teeth-grinding habit...

Details:

Jaw pain, clicking joints, morning headaches, and worn teeth are common signs that your temporomandibular joint (TMJ) or a teeth-grinding habit may be affecting your daily life. Core Dental Bayside at 973 Nepean Hwy, Bentleigh - opening June 2026 - provides comprehensive TMJ assessment and therapy for patients across Bentleigh, Brighton, Hampton, Moorabbin, McKinnon, and surrounding bayside suburbs.

Understanding TMJ Disorder and Bruxism

The temporomandibular joint connects your lower jaw to the skull. When this joint is placed under excessive stress through grinding, clenching, bite misalignment, or chronic muscle tension, it can trigger symptoms that many patients do not initially connect to their teeth.

****Common signs of TMJ disorder and bruxism include:****

- Jaw pain or tenderness, particularly upon waking
- Clicking, popping, or grating sounds when opening and closing the mouth
- Persistent headaches, especially in the morning
- Earache or a sensation of fullness in the ear
- Neck and shoulder tension
- Worn, chipped, or flattened tooth surfaces
- Unexplained tooth sensitivity
- Difficulty opening or closing the mouth fully

TMD (temporomandibular disorder) affects up to 1 in 3 adults. Sleep bruxism - grinding or clenching during sleep - is one of the most common contributing factors and often goes undiagnosed for years.

TMJ Treatment at Core Dental Bayside

Our Bayside team takes a staged, conservative approach to TMJ therapy - starting with the least invasive options and progressing only when clinically indicated.

Custom Occlusal Splints and Night Guards

A custom-fitted occlusal splint or night guard is the most effective first-line treatment for bruxism and TMJ-related pain. Worn during sleep, the splint creates a protective barrier between upper and lower teeth, reduces grinding forces, helps relax jaw muscles, and can significantly decrease headaches and jaw pain over time. Our splints are fabricated from precise impressions - far superior to over-the-counter alternatives.

Bite Assessment and Adjustment

When the way your teeth meet places abnormal stress on the jaw joint, a thorough occlusal assessment can identify the problem. Our dentists can recommend targeted adjustments where appropriate to relieve pressure on the TMJ.

Physiotherapy Referral and Collaborative Care

For patients with significant muscle tension or joint dysfunction, physiotherapy is an important complement to dental treatment. We work collaboratively with local practitioners to deliver coordinated care.

Restorative Treatment for Grinding Damage

Severe grinding causes progressive tooth wear. Once the habit is controlled, our Bayside team can restore damaged teeth using composite bonding, crowns, or porcelain veneers as part of a rehabilitation plan.

Why Core Dental Bayside?

Core Dental Bayside is part of the Core Dental Group - a network of 9 locations across Melbourne engaging over 80 clinicians, including 25+ specialists, and serving more than 300,000 patients over 33 years. With the backing of this network, Bayside patients have access to multidisciplinary expertise that standalone suburban practices simply cannot match.

Specialist Referrals - Collins Street Specialist Centre

For complex TMJ cases requiring advanced intervention, Core Dental Bayside patients can be referred to the TMD Clinic at the Collins Street Specialist Centre within Smile Solutions, 220 Collins Street, Melbourne CBD. The TMD Clinic offers specialist assessment, osteopathy, EMG (electromyographic) analysis, therapeutic laser treatment, and coordinated specialist care. Your Core Dental dentist manages the referral, and records are shared securely within the group.

Collins Street Specialist Centre - Phone: (03) 9650 2726 | directory.smilesolutions.com.au

Book Your TMJ Assessment

Do not ignore jaw pain or grinding - early treatment prevents more serious damage. Call Core Dental Bayside to book your assessment.

****Address:**** 973 Nepean Hwy, Bentleigh VIC 3204 ****National:**** 13 13 16 ****Website:**** directory.coredental.com.au