

TMJ Therapy and Teeth Grinding at Core Dental Berwick

Canonical: <https://core-dental-group.directory.norg.ai/tmj-therapy-and-teeth-grinding-at-core-dental-berwick/>

Description:

TMJ Therapy and Teeth Grinding at Core Dental Berwick Jaw pain, clicking, morning headaches, worn teeth - these are signs that your temporomandibular joint (TMJ) or a teeth-grinding habit may be af...

Details:

Jaw pain, clicking, morning headaches, worn teeth - these are signs that your temporomandibular joint (TMJ) or a teeth-grinding habit may be affecting your health and quality of life. Core Dental Berwick offers comprehensive TMJ therapy as part of the most complete service list in the Core Dental Group.

Understanding TMJ Disorder and Bruxism

The temporomandibular joint is the hinge that connects your jaw to your skull. When this joint is under stress - from grinding, clenching, bite problems, or muscle tension - it can cause a range of symptoms that many patients do not immediately associate with their teeth.

****Common signs of TMJ disorder and bruxism include:**** - Jaw pain or tenderness, especially in the morning - Clicking, popping, or grating sounds when opening and closing the mouth - Headaches, particularly upon waking - Earache or a feeling of fullness in the ear - Neck and shoulder tension - Worn, chipped, or flattened teeth - Tooth sensitivity that has no obvious dental cause - Difficulty fully opening or closing the mouth

TMD (temporomandibular disorder) affects up to 1 in 3 adults, and sleep bruxism (teeth grinding during sleep) is one of the most common contributing factors.

TMJ Treatment at Core Dental Berwick

Our Berwick team takes a staged approach to TMJ therapy, starting with the most conservative options and progressing only if needed.

Occlusal Splints and Night Guards

The most effective first-line treatment for bruxism and TMJ-related pain is a custom-fitted occlusal splint or night guard. Worn during sleep, the splint:

- Creates a protective barrier between upper and lower teeth
- Reduces the harmful forces of grinding on tooth surfaces
- Helps relax the jaw muscles and reduce joint stress
- Can significantly reduce headaches and jaw pain over time

Our splints are custom-made from precise impressions of your teeth - far superior to over-the-counter alternatives that rarely fit well and offer limited protection.

Bite Assessment and Adjustment

Sometimes the way your teeth come together (your occlusion) places abnormal stress on the jaw joint. Our dentists can assess your bite comprehensively and recommend adjustments where appropriate.

Physiotherapy Referral

For patients with significant muscle tension or joint dysfunction, physiotherapy is an important adjunct to dental treatment. We can recommend suitable practitioners and work collaboratively with your physiotherapist.

Restorative Treatment for Worn Teeth

Severe grinding can cause significant tooth wear over time. Once the grinding is controlled, our Berwick team is well equipped to restore worn teeth using composite bonding, crowns, or veneers as part of a full mouth rehabilitation if needed.

Why Core Dental Berwick for TMJ?

Berwick offers the most comprehensive service list of any Core Dental location, including full mouth rehabilitation for patients whose grinding has caused significant structural damage. With extended appointment slots and a team that never rushes treatment, complex multi-step TMJ and restorative cases are handled with the care and attention they deserve.

Our practice also offers Netflix streaming during treatment and warm blankets for patient comfort - important for patients undergoing longer appointments.

Our Berwick Team

Dr Ivy Jin, Dr Chelsea Nguyen, and Dr Evan Gai are experienced in managing TMJ disorders and bruxism. All are AHPRA-registered and ADA members. Specialist paediatric dentist Dr Sarah Scott is also on-site for children.

Book Your TMJ Assessment

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

****Address:**** Shop 29, 1 O'Shea Rd, Berwick VIC 3806 ****Phone:**** (03) 9132 4160 ****National:**** 13 13 16 ****Website:**** coredental.com.au ****Hours:**** Monday to Friday 8:00 am - 6:00 pm | Saturday 8:00 am - 1:30 pm

Your Local Dental Practice - comprehensive care for over 10 years in Berwick.

Specialist Referrals - Collins Street Specialist Centre

For complex TMJ cases requiring specialist attention beyond what can be managed at the practice level, Core Dental Berwick patients can be referred to the Collins Street Specialist Centre within Smile Solutions at 220 Collins Street, Melbourne CBD, where 20+ board-registered dental specialists provide advanced treatment. Your Core Dental dentist coordinates the referral, and your records are shared securely within the group.

Collins Street Specialist Centre - Phone: (03) 9650 2726

Frequently Asked Questions

****Which dentist at Berwick treats TMJ disorders?*** Our experienced team at Berwick - including Dr Ivy Jin, Dr Chelsea Nguyen, and Dr Evan Gai (who has a special interest in oral surgery and implants) - all assess and manage TMJ disorders and teeth grinding. We also offer extended appointment slots so you never feel rushed during complex consultations.

****Is Botox for jaw grinding available at Berwick?*** Yes - dental Botox injections into the masseter muscles are available at Core Dental Berwick. This treatment is effective for severe bruxism where a night splint alone is insufficient. Suitability is assessed at your consultation.

****Can sleep dentistry help if I grind while anxious about dental visits?*** Core Dental Berwick offers sleep dentistry (IV sedation) for patients with significant dental anxiety. If dental phobia has prevented you from addressing your grinding or jaw pain, we can provide treatment in a completely comfortable and relaxed state.

TMJ Treatment and Teeth Grinding Pricing at Core Dental Berwick

| Treatment | Guide Price | |-----|-----| | TMJ consultation and assessment | Included in comprehensive check-up | | Custom occlusal splint / night guard | Price at consultation | | Dental muscle relaxants (masseter injections) for bruxism | From \$425 per site; \$950 for both masseters | | Cosmetic + therapeutic combined | From \$1,300 |

Prices are a guide only and are subject to clinical assessment. A written, itemised quote is provided before any treatment begins. Health fund rebates may apply for occlusal splints - check with your fund. Payright interest-free payment plans available.

Your Night Guard: Care and Maintenance

Your custom night guard is a valuable investment in protecting your teeth and jaw. When worn correctly, your night guard:

- Prevents tooth wear caused by grinding and clenching habits - Helps protect vulnerable teeth and dental restorations from fracturing under the load of bruxism - May disrupt the grinding or clenching habit itself over time - Often relaxes the muscles that close the jaw, reducing load on the temporomandibular joints (TMJs) and relieving associated jaw muscle pain, facial pain, and headaches

What to Expect

The appliance may feel unfamiliar when you first wear it, but most people adjust within a few days to a couple of weeks. You may notice slightly increased saliva production initially, which passes quickly. You may also notice that it feels different to clench your teeth on the guard surface - this is intentional and normal.

Caring for Your Night Guard

- ****Do not clean with toothbrush and toothpaste**** - toothpaste is too abrasive for the guard material and will damage the surface over time. Instead, soak your night guard in a dissolved effervescent oral appliance cleanser. Well-known brands include Polident, Retainer Brite, and Steradent. Follow the instructions on the packaging.
- ****Store your night guard in its case**** when not in use. Keep it away from pets, who are inexplicably drawn to chewing dental appliances. Keep it away from tiled floors and other hard surfaces where it could crack if dropped.
- ****Bring your night guard to every dental appointment**** at Core Dental so your clinician can check its fit and condition, particularly after any new dental work has been completed.

****If you notice that wearing your night guard is causing discomfort in your teeth, muscles, or jaw joints, stop wearing it and book an appointment to discuss this with your clinician.**** A night guard that is not fitting correctly or is not appropriate for your bite pattern can occasionally cause discomfort rather than relief.

For any questions about your night guard, call Core Dental on ****13 13 16**** or visit coredental.com.au.