

# TMJ Therapy and Teeth Grinding at Core Dental Caroline Springs

Canonical:

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

## Description:

# TMJ Therapy and Teeth Grinding at Core Dental Caroline Springs Core Dental Caroline Springs at 224-226 Caroline Springs Blvd, Caroline Springs offers comprehensive assessment and treatment for temp...

## Details:

Core Dental Caroline Springs at 224-226 Caroline Springs Blvd offers comprehensive assessment and treatment for temporomandibular joint (TMJ) disorders, jaw pain, and teeth grinding (bruxism).

Call (03) 9363 7888 to book an appointment.

### ## Understanding TMJ Disorders and Bruxism

The temporomandibular joints (TMJs) are the two joints that connect your lower jaw to your skull, enabling you to talk, chew, and yawn. When these joints are inflamed, strained, or misaligned, they can cause significant discomfort and affect your daily quality of life.

TMJ disorders and teeth grinding often occur together. Warning signs include:

- Jaw pain, aching, or tenderness
- Clicking, popping, or grating sounds when opening or closing the mouth
- Difficulty fully opening the mouth
- Headaches - particularly in the morning
- Earache or pain near the ear without infection
- Facial muscle tension or fatigue
- Worn, chipped, or flattened teeth
- Increased tooth sensitivity

Teeth grinding (bruxism) most commonly occurs during sleep, which is why many people are unaware of it. A partner may hear grinding, or your dentist may notice characteristic tooth wear patterns at a check-up.

### ## Treatment at Core Dental Caroline Springs

Caroline Springs is Core Dental's most technologically advanced suburban location and one of the group's highest-demand practices. Our experienced team - including **Dr Sherin Gad** (BDS, Alexandria; GradCert Clinical Dentistry, Melbourne) and **Dr Lana Mettmann** (BDS, James Cook University) - offers a range of evidence-based treatments for TMJ disorders and bruxism.

Dr Sherin Gad has particular expertise in restorative and aesthetic dentistry, including the management of tooth wear caused by bruxism. Dr Lana Mettmann provides thorough clinical assessments for patients experiencing jaw pain and grinding-related symptoms.

### ### Custom Occlusal Splints (Night Guards)

A custom-fitted occlusal splint is the cornerstone of TMJ and bruxism management. Made from hard acrylic, this splint fits over your upper or lower teeth and:

- Prevents tooth-to-tooth contact during sleep - Protects teeth from grinding damage - Allows the jaw muscles to relax - Reduces joint loading and strain - Often relieves associated headaches and facial pain

Your splint is fabricated from a precise digital scan of your teeth and is adjusted at follow-up visits for optimal comfort and effectiveness.

### ### Additional Therapies

Depending on your clinical presentation, our team may recommend:

- Physiotherapy referral for jaw muscle rehabilitation - Anti-inflammatory medication for acute episodes - Stress management strategies (bruxism is strongly linked to stress and anxiety) - Dental Botox injections into the masseter (jaw) muscles to reduce grinding force - available at Caroline Springs - Orthodontic assessment if bite misalignment is a contributing factor (Specialist Orthodontist Dr David Austin visits Caroline Springs)

### ## TMJ and Bruxism Treatment Pricing at Core Dental Caroline Springs

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

\*All prices are guides only. A written, itemised quote is provided before treatment begins. Health fund rebates may apply for occlusal splints. Payright interest-free payment plans available. For complex TMJ cases, Dr Sherin Gad coordinates referrals to the Collins Street Specialist Centre.\*

### ## Specialist Referrals - Collins Street Specialist Centre

For complex TMJ cases requiring specialist attention, Core Dental Caroline Springs patients are 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 Caroline Springs treats TMJ disorders?\*** Dr Sherin Gad and Dr Lana Mettmann both assess and treat TMJ disorders and teeth grinding at our Caroline Springs practice. A full clinical examination determines the best management approach for your situation.

**\*\*Is Botox available for bruxism at Caroline Springs?\*** Yes - dental Botox injections into the masseter muscles are available at Core Dental Caroline Springs. This treatment reduces grinding force and can provide significant relief for patients with severe bruxism. Suitability is assessed at your initial appointment. Price: from \$425 per site; \$950 for both masseters.

**\*\*How long does a custom splint take to make?\*** Your occlusal splint is typically ready within 1 to 2 weeks. A follow-up appointment is included to check and adjust the fit for optimal comfort.

**\*\*Can bruxism damage my teeth long-term?\*** Yes - untreated bruxism can cause significant tooth wear, fractures, and sensitivity over time. It can also worsen TMJ symptoms and lead to chronic jaw pain. Early treatment protects your teeth and prevents costly restorative work down the track.

**\*\*Does health insurance cover an occlusal splint?\*** Many private health insurance funds provide a rebate toward custom occlusal splints under major dental cover. The rebate amount depends on your fund and policy level. Use HICAPS on-site at Core Dental Caroline Springs for on-the-spot claiming. Always bring your health fund card.

**\*\*When should I see a specialist about my jaw pain?\*** Most TMJ cases are managed effectively with a custom splint, physiotherapy, and lifestyle adjustments. If your symptoms don't improve after conservative treatment, or if you have significant restriction of jaw opening, severe pain, or locking of the jaw, your Core Dental dentist will refer you to a specialist at the Collins Street Specialist Centre - (03) 9650 2726.

### ## Why Caroline Springs?

Core Dental Caroline Springs has one of the largest and most experienced clinical teams in the group. It features 3D CBCT imaging (the only suburban Core Dental location with this technology), digital smile design software, a visiting Specialist Orthodontist, a Specialist Paediatric Dentist, and free on-site parking.

We accept HICAPS on-the-spot health fund claiming. Interest-free payment plans through Payright. CDBS bulk billing for eligible children.

Core Dental Caroline Springs is at 224-226 Caroline Springs Blvd. Phone (03) 9363 7888 or visit [coredental.com.au](http://coredental.com.au).

Core Dental - Your Local Dental Practice.

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### ## 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](http://coredental.com.au).