

TMJ Therapy and Teeth Grinding at Core Dental Carrum Downs

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

Description:

TMJ Therapy and Teeth Grinding at Core Dental Carrum Downs Core Dental Carrum Downs at Suite 4, 335 Ballarto Rd, Carrum Downs offers expert assessment and management of TMJ (temporomandibular joint...

Details:

Core Dental Carrum Downs at Suite 4, 335 Ballarto Rd, Carrum Downs offers expert assessment and management of TMJ (temporomandibular joint) disorders, jaw pain, and teeth grinding (bruxism) for patients across Carrum Downs, Frankston, Chelsea, and the Mornington Peninsula.

Call (03) 8373 1555 to book an appointment.

What Are TMJ Disorders?

The temporomandibular joints are the hinge joints on either side of your face that connect your lower jaw to your skull. These joints are among the most complex in the human body, facilitating the wide range of jaw movements needed for eating, speaking, and facial expression.

When these joints or the surrounding muscles are affected - by stress, injury, bite problems, or habitual grinding - the result is a temporomandibular disorder (TMD). Symptoms vary widely but commonly include:

- Jaw pain or soreness, especially in the morning
- A clicking, popping, or grinding sensation in the jaw joint
- Restricted jaw opening or jaw locking
- Headaches - often felt at the temples or behind the eyes
- Pain that radiates into the neck, shoulders, or ears
- Worn or flattened teeth from grinding

Many patients grind or clench their teeth during sleep without realising it. The first indication may be tooth wear noted by a dentist, or complaints from a partner about grinding sounds at night.

Treatment at Core Dental Carrum Downs

Lead dentist Dr Anna Lai has a Fellowship in Restorative Dentistry (in progress) and extensive experience in complex restorative and rehabilitation cases. The Carrum Downs team is well-equipped to assess and manage TMJ disorders across all levels of severity.

Custom Occlusal Splints

A custom-fitted occlusal night splint is the most widely recommended first-line treatment for teeth grinding and mild to moderate TMJ disorders. The splint creates a physical barrier between upper and lower teeth, preventing grinding damage and allowing the jaw muscles to decompress during sleep.

Your splint is made from a precise digital impression of your teeth - comfortable, hard-wearing, and adjusted at follow-up visits for optimal fit.

Comprehensive Management Options

Our team at Carrum Downs can coordinate a full TMJ management plan, which may include:

- Custom occlusal splints for night protection - Referral to a physiotherapist for jaw muscle work - Anti-inflammatory strategies for acute flare-ups - Dental Botox to the masseter muscles for severe bruxism - Restorative dentistry to address worn or damaged teeth resulting from grinding - Orthodontic assessment for bite-related contributors (visiting specialist orthodontist available at Carrum Downs)

Fully Accessible Practice

Core Dental Carrum Downs is the most accessible Core Dental location - ground floor entry, wide corridors, 8 dedicated on-site car spaces, and fully accessible treatment rooms and bathrooms. This makes it an excellent choice for patients with mobility requirements.

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

Book an Appointment

Core Dental Carrum Downs is at Suite 4, 335 Ballarto Rd, Carrum Downs. Phone (03) 8373 1555 or visit coredental.com.au.

Core Dental - Your Local Dental Practice.

Specialist Referrals - Collins Street Specialist Centre

For complex TMJ cases requiring specialist attention, Core Dental Carrum Downs 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 Carrum Downs manages TMJ disorders?*** Dr Anna Lai leads the Carrum Downs clinical team and has particular expertise in complex restorative cases including TMJ management. She is supported by a full team of experienced clinicians at the practice.

****Is Botox available for bruxism at Carrum Downs?*** Yes - dental Botox injections into the masseter muscles are available at Core Dental Carrum Downs. This treatment reduces the muscle force that drives grinding and can provide significant relief for severe bruxism. Suitability is assessed at your initial consultation.

****How long does it take to get a custom occlusal splint?*** Your splint is typically fabricated and ready to fit within 1 to 2 weeks of your initial appointment. A follow-up visit is included to adjust the fit and ensure maximum comfort and effectiveness.

****Can TMJ disorders be cured?*** Mild to moderate TMD often resolves or becomes well-managed with appropriate treatment. Severe cases may require ongoing management. Early intervention typically leads to better outcomes and prevents progressive tooth wear and joint damage.

TMJ Treatment and Teeth Grinding Pricing at Core Dental Carrum Downs

| 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.