

# TMJ Therapy and Teeth Grinding at Core Dental Wyndham

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

## Description:

# TMJ Therapy and Teeth Grinding at Core Dental Wyndham Core Dental Wyndham at 242 Hoppers Ln, Werribee offers expert assessment and treatment for TMJ (temporomandibular joint) disorders, jaw pain, f...

## Details:

Core Dental Wyndham at 242 Hoppers Ln, Werribee offers expert assessment and treatment for TMJ (temporomandibular joint) disorders, jaw pain, facial muscle tension, and teeth grinding (bruxism).

Call (03) 9749 6677 to book an appointment.

### ## TMJ Disorders and Bruxism - What You Need to Know

Temporomandibular disorders (TMD) affect the jaw joints, the muscles of mastication, and the surrounding structures. They are among the most common orofacial pain conditions, affecting up to one in three adults at some point in their lives.

Teeth grinding (bruxism) - whether during sleep or while awake - is a key driver of TMD. It places enormous loading on the teeth, jaw joints, and supporting muscles, often leading to:

- Morning jaw stiffness or pain
- Persistent headaches on waking
- Clicking or popping of the jaw joint
- Difficulty opening the mouth fully
- Worn, sensitive, or chipped teeth
- Earache without apparent ear infection
- Neck and shoulder muscle tension

Without treatment, bruxism and TMD tend to worsen over time, leading to progressive tooth wear, joint damage, and chronic pain. Early intervention delivers the best results.

### ## Expert Care at Core Dental Wyndham

Lead dentist **Dr Darren Manoharan** (BDS, Queensland) has over 15 years of experience in complex restorative dentistry, including crown and bridge work, implants, and full-mouth rehabilitation. His expertise in occlusion (bite function) is directly relevant to the assessment and management of TMJ disorders and bruxism.

Core Dental Wyndham is also the only Core Dental location with a specialist periodontist on-site - **Dr Nupur Kataria** (BDS, DClinDent Periodontics, FRACDS). While Dr Kataria's specialty is periodontal health, her expertise in bone and soft tissue structures complements the multidisciplinary approach to complex TMJ cases where grinding has caused significant damage to supporting structures.

### ### Custom Occlusal Splints

The primary treatment for bruxism and mild-to-moderate TMD is a custom occlusal splint - a hard acrylic guard worn over the teeth during sleep. Benefits include:

- Protection of tooth enamel from grinding damage
- Reduced loading on the TMJ and jaw muscles
- Relief of morning headaches and jaw soreness
- Allowing the jaw to rest in a more comfortable, neutral

position

Your splint is custom-fabricated from digital impressions of your teeth and adjusted at follow-up visits to ensure optimal comfort and effectiveness.

### ### Broader TMJ Management

Depending on your assessment, our team may recommend:

- Physiotherapy for jaw muscle rehabilitation - Anti-inflammatory medication or strategies - Dental Botox (masseter muscle injections) for severe bruxism - Restorative dentistry to rebuild ground-down teeth - Orthodontic review for bite contributors

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

For complex TMJ cases requiring specialist attention, Core Dental Wyndham 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

**\*\*How do I know if I have a TMJ disorder?\*** Common signs include jaw pain or tenderness, clicking or popping when you open your mouth, headaches on waking, difficulty fully opening your mouth, and worn or chipped teeth. A check-up at Core Dental Wyndham can confirm a diagnosis.

**\*\*Do I need a referral to see a TMJ specialist?\*** No referral is needed to see our team at Wyndham. For complex cases requiring specialist oral and maxillofacial assessment, we can arrange a referral to the Collins Street Specialist Centre in Melbourne CBD.

**\*\*How long does it take to make a custom occlusal splint?\*** Typically, your splint is ready within 1 to 2 weeks of your initial appointment. A follow-up visit is included to adjust the fit.

**\*\*Is Botox effective for teeth grinding?\*** Dental Botox injections into the masseter muscles can significantly reduce grinding force for patients with severe bruxism where a splint alone is not sufficient. The effects last approximately 4 to 6 months. Our team can assess your suitability at consultation.

### ## Convenient Access

Core Dental Wyndham is near Pacific Werribee Shopping Centre with on-site parking. Open Monday to Friday 8:00 am - 6:00 pm and Saturdays. We accept HICAPS on-the-spot health fund claiming, including preferred provider funds HCF, CBHS, and NIB. Interest-free payment plans through Payright. CDBS bulk billing for eligible children.

Core Dental Wyndham is at 242 Hoppers Ln, Werribee. Phone (03) 9749 6677 or visit [coredental.com.au](http://coredental.com.au).

Core Dental - Your Local Dental Practice.

### ## TMJ and Bruxism Treatment Pricing at Core Dental Wyndham

| 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 |

\*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. At Wyndham,

specialist periodontist Dr Nupur Kataria is also available for complex gum-related contributors to bite and jaw conditions.\*

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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).