

Occlusal Equilibration / Bite Adjustment

The teeth, jaws and muscles of mastication do not always come together in an acceptable position for many reasons. These may include, but are not limited to, fillings, crowns, bridges, orthodontics, developmental defects, oral surgery, trauma, bruxism, clenching and malocclusion (poor bite).

Occlusal equilibration is the mechanical adjustment of the teeth to bring the teeth, jaws, joints and muscles into harmony with one another. The adjustment can be done on teeth, dentures, crowns, bridges, fillings and other oral appliances to a position that allows your lower jaw to function in a natural hinge in relation to your upper jaw without interferences from the teeth.

Is it harmful to your teeth?

Your mouth is being equilibrated because a problem exists. This can be manifested in the mouth or jaws as pain, abnormal wear, breaking of restorations or teeth, head ache, neck ache, back pain, or joint discomfort to mention a few. The problem is usually present due to the fact that the teeth and/or restorations do not work in harmony with lower jaw at the proper position. The teeth and fillings have not been worn in properly. Occlusal equilibration wears some areas on the surfaces of the teeth mechanically and allows the teeth to meet in proper occlusion with one another. It is not harmful and is beneficial.

Outcome and future

A simple occlusal equilibration can be accomplished in a short time. Only slight future changes in your bite occur over a period of time because of small movements of the teeth in the jaw bones or new restorations. More complicated equilibrations may require several appointments, and the teeth may shift a little more between appointments. When your symptoms are gone and your occlusion is relatively stable, your equilibration is complete. Placement of any new restorations or appliances in your mouth will change the way the teeth contact. The dentist accomplishing this treatment should be advised of any past occlusion/bite/joint problems.

How will your teeth feel?

After occlusal equilibration your bite will feel different to you, but it should be comfortable. This is to be expected. You will gradually accommodate to this new location as your new chewing position, and this will feel very good.