

# BITE PROBLEMS

Bite problems occur when your teeth, jaw joints and muscles are not working together in harmony.

## Frequently Asked Questions

### 1. What are some symptoms of bite problem?

- Pain in the jaw joints or muscles.
- Cracked, loose, chipped or worn teeth. (Figure 1)
- Morning headaches.
- Ringing in the ears.

### 2. What might cause my bite problem?

- Teeth that do not fit together evenly.
- Teeth so worn that they can't find a consistent bite. (Figure 2)
- Jaw joints out of position. (Figure 3)

### 3. What can be done to correct my bite problem?

Have your dentist evaluate the cause of your particular bite problem and develop a plan.

Your dentist may:

- Prescribe medications.
- Advise the use of a temporary appliance.
- Advise orthodontic treatment. (Figure 4)
- Reshape tooth surfaces.
- Use restorative dentistry.
- Use a combination of all of the above.

### 4. What happens if I do nothing about my bite problem?

- Your teeth will be more likely to continue to crack, loosen, chip or wear.
- If you have pain in your jaw joints or muscles, it may get worse.
- Your bite may continue to feel uneven or uncomfortable.
- You may lose teeth.



Figure 1. Uneven bite



Figure 2. Severely worn front teeth



Figure 3. Deep bite with front teeth tightly touching



Figure 4. Reverse bite