

## HOW DR. REBECCA DIAGNOSES BITE OVERLOAD

### *Clinical Signs of Bruxism or Excessive Bite Forces*

Many patients believe they do not grind or clench their teeth. However, most grinding occurs during sleep. Dr. Rebecca evaluates several clinical signs that indicate excessive bite forces that can damage teeth, periodontal structures, and dental implants.

- Flattened or worn tooth surfaces (wear facets)
- Chipped or cracked teeth
- Loose teeth or increased tooth mobility
- Broken fillings, crowns, or porcelain
- Repeated implant screw loosening or fractured implant restorations
- Soreness when biting or signs of heavy occlusal contacts

When these signs are present, Dr. Rebecca may recommend an occlusal guard (nightguard/splint). The goal is to reduce excessive bite forces and protect teeth, gums, implants, and dental restorations.

An occlusal guard is a preventive appliance designed to distribute forces evenly and help protect your dental health long-term.