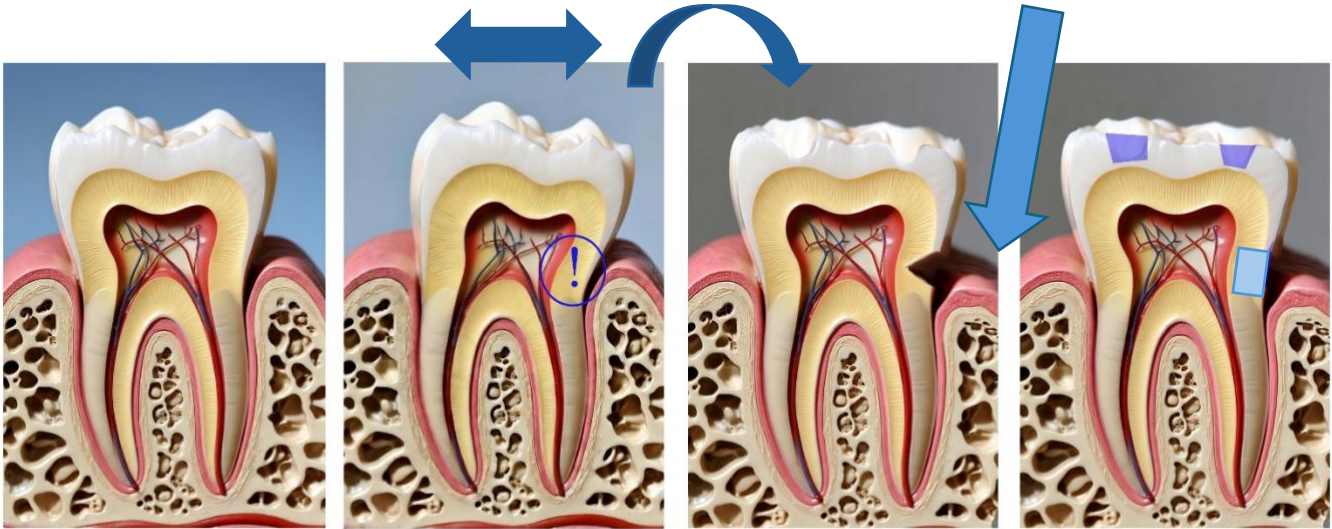


## Abfractions:

Grinding teeth back and forth can cause multiple issues.



Of course chipping and flattening the teeth will occur.

However additional concerns such as bone loss and abfractions occur.

When a tooth flexes at the bone level the thin enamel and dentin here will chip

That physical structure loss releases the ligament and we find bone loss and gum recession.

Repairing the area protects the root and the nerve below. It confines the break to that area.

## Solutions:

Repairing is important but solving the primary cause of grinding is important as well.

At times a **night guard** is a simple protection.

At times we investigate if the grinding is part of a bigger problem such as **sleep apnea**.

If teeth have a malocclusion such as severe crowding **Invisalign** movements may solve the improper **primary occlusal trauma**.