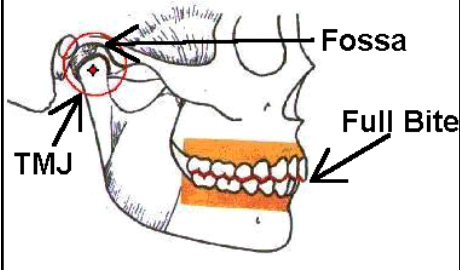


What is Bite Correction?

Bite correction or Occlusal Equilibration is the precise reshaping and recontouring of your teeth to achieve an ideal, "minimum-stress" bite.

What is an Ideal bite?

It is the type of bite we refer to as a "minimal stress, minimal adaptation, least destructive" type of bite. It occurs when your temporomandibular joint (TMJ) is seated fully into the socket (fossa), in a comfortable, relaxed position and when the muscles are relaxed – all of your teeth should touch simultaneously. (Note in the diagram: the red dot is in the middle of the cross and the teeth in a full bite)



Why do I need my Bite Corrected?

As mentioned earlier, 95% of the time a poor or improper bite relationship is the cause of those suffering from TMD. Your TMD symptoms such as sore jaw muscles, noisy or sore jaw joints, temporal headaches, neck-aches, Sensitive teeth, clenching, bruxing (Grinding) are most likely related to your improper bite. When the bite is harmonized and balance is restored, the mouth works better, fillings and crowns last longer, and various related ailments disappear often improving your overall health.

What is involved in Bite Correction?

Splint Therapy

If you have sore jaw muscles you will most likely need to wear a splint to initially relax and heal these jaw muscles.

Sore tense jaw muscle make it difficult to determine your proper, most comfortable jaw joint position. Most important, if you get relief of your TMD symptoms with a splint this will verify that your problems were related to your bite and a bite correction is indeed the proper treatment.

Diagnosis and Treatment Planning

Careful planning is needed to determine what treatment is required to achieve an ideal bite To plan we require plaster models of your teeth attached to an articulator (jaw simulator). We will then carefully study and/or alter them to determine the severity of your bite problem. Final decisions are always verify on the plaster models of your mouth. In most cases bite correction or occlusal adjustment is all that is needed to correct the problem. If the bite problem is more severe other procedures such as crowns, orthodontics and in very severe cases jaw surgery will be required for correction.

The Procedure

Using the Bilateral manipulation technique to guide your jaw to the most seat position in the fossa, we mark the first contact point between your upper and lower teeth with carbon paper.

This contact point is an interference and is smoothed down so it no longer interferes. The process is repeat until all the teeth touch simultaneously with equal intensity when the TMJ is in the



correct position and the muscles relax. Since reshaping is only done on the enamel of the tooth, no discomfort will be felt.

Appointments

In most cases one main session of about 80 minutes and two shorter follow-up sessions are required. The two follow-up appointments are needed because the teeth will shift slightly at first, requiring further adjustment.

What can I expect?

When equilibration is completed, you will experience the comfortable feeling of all your teeth touching equally. Once your bite is balanced you will hear and feel your teeth "clack" together properly ...an interesting sound! You will also notice that your mouth muscles become relaxed and your jaw will feel looser.

Fees and Insurance

The average cost of bite correction will range from \$800 to \$1000. Dental Benefits and eligibility will vary from one carrier to the next. However, to be sure our office will send a pre-determination to your dental benefits company to find this out. The table below shows a breakdown of the possible ODA codes and fees that could be used for this procedure

Casts Diagnostic Mounted, facebow, Occlusal records	04922	130.00
Duplication and Trial Equilibration of Study casts	04712	100.00
Occlusal Adjustment Appointment 1	16514	219.10
Occlusal Adjustment Appointment 2	16514	219.10
Occlusal Adjustment Appointment 3	16514	219.10