

Quick Poll Results: How Often—and How—Do You Treat Bruxism?

Most dentists see one to three patients per month for bruxism, a condition in which patients grind or clench their teeth, our October 2015 Quick Poll of 400 respondents found. However, 20 percent of respondents are seeing four to seven bruxism patients per month and 17 percent have more than seven per month.

There's no cure for bruxism; practitioners focus on managing symptoms and preventing complications. Almost all of the poll respondents said they fit their bruxism patients with occlusal guards, also known as night guards. Other common treatment choices and the percentage of respondents who said they offer them are:

- Occlusal adjustment (grinding or reshaping the occluding surfaces) (46%)
- Stress management (37%)
- Physical therapy (28%)
- Medication (24%)

For determining whether to initiate treatment, more than 90 percent of respondents consider patients' complaints, objective signs (such as tooth wear), and progression of symptoms.

About half of respondents (52 percent) refer bruxism patients to a specialist as needed, and 30 percent say they consider other medical conditions in their decision to initiate treatment.

Southwest Region members frequently cite bruxism as an area of interest, so they developed the bruxism Quick Poll at their 2015

Regional Meeting. Among poll respondents, 83 percent agreed that a study of bruxism would be important to them and their patients. Their interest isn't surprising—many respondents reported that the number of bruxism patients they see has increased.

To continue the conversation about bruxism diagnosis and treatment, please visit the Quick Polls Results thread in the [Member Forum](#).

