ROSEVILLE SMILES

SERVICE CATALOG

Service Name **Occlusal Adjustment & Bite Stabilization**

## ABOUT OCCLUSAL ADJUSTMENT & BITE STABILIZATION

An Occlusal adjustment is a precise, painless dental procedure where we carefully reshape small areas of the tooth surface to improve the way your teeth fit together when you bite or chew. Think of it as fine-tuning your bite—just like aligning the wheels of your car for a smoother drive.

## OCCLUSAL ADJUSTMENT & BITE STABILIZATION:

Restoring comfort, balance, and long-term oral health

As your dental care provider, one of my goals is to make sure your bite—how your upper and lower teeth come together—is healthy, stable, and comfortable. You may not always think about your bite, but even minor imbalances can lead to bigger problems over time, including jaw discomfort, tooth wear, headaches, or even broken restorations.

This is where occlusal adjustment and bite stabilization come into play.

What is an Occlusal Adjustment?

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If your bite is off due to misaligned teeth, old dental work, or natural wear, some teeth may hit harder than others. This uneven pressure can lead to grinding (bruxism), jaw tension, or damage to your teeth and gums. By making tiny adjustments, we can distribute your bite forces evenly and restore harmony to your mouth.

What is Bite Stabilization?

Bite stabilization goes a step further—it involves not just correcting the bite but also ensuring it stays stable over time. This may include using tools like bite splints (night guards), orthodontic aligners, or restorative procedures to support a long-term balanced bite.

If you're experiencing any of the following, you might benefit from occlusal therapy:

- Worn or chipped teeth
- Jaw pain or clicking
- Frequent headaches or facial muscle tension
- Loose or shifting teeth
- Discomfort while chewing

What to expect ?

If an occlusal adjustment is recommended, it’s done with gentle polishing instruments—no drills, no discomfort. Most patients notice immediate relief, especially if they’ve been living with subtle bite-related issues for a while.

In cases where bite stabilization is needed, we’ll work with you on a personalized plan. This may include a custom night guard, orthodontics, or adjusting previous dental work to better align with your natural bite.

Why It Matters

A stable, properly aligned bite isn’t just about comfort—it’s key to protecting your teeth, jaw joints, and overall oral function for the long run. By addressing issues early, we can prevent more complex (and costly) dental problems down the road.

If you've noticed signs of bite discomfort or simply want to make sure your smile is functioning at its best, let's talk. I'll walk you through every step and make sure you feel confident and comfortable in your care.