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:

Evaluating How Your Teeth Fit Together

Your bite is the way your upper and lower teeth meet. If a tooth or restoration feels higher than the others, or chewing has become uncomfortable, an examination can help identify the cause.

At Roseville Smiles, Dr. Sri evaluates your teeth, restorations, and bite before recommending treatment.

What Is an Occlusal Adjustment?

An occlusal adjustment involves carefully reshaping a small area of a tooth or restoration to address a specific bite contact. For example, a new filling or crown may need adjustment if it contacts the opposing teeth too early.

Before making changes, Dr. Sri will explain the findings, proposed treatment, risks, and alternatives. Any removal of natural tooth structure is permanent.

What Does Bite Stabilization Mean?

Bite stabilization describes care planned to support comfortable tooth contacts and protect teeth or restorations. Depending on your diagnosis, recommendations may include:

- Adjusting a specific high contact on a restoration
- Repairing or replacing damaged dental work
- A custom protective appliance when appropriate
- Further evaluation or referral for complex bite concerns

What About Jaw Pain or Clicking?

Jaw discomfort, headaches, and clicking can have several causes and do not automatically mean your teeth need adjustment. Clicking without pain often does not require treatment.

Dr. Sri will assess your symptoms and discuss conservative care or referral to an appropriate specialist when needed.

What to Expect

Your visit may include a discussion of symptoms, an examination, and marking-paper checks of how your teeth contact. Treatment recommendations and follow-up depend on the findings.

Schedule a Bite Evaluation

Call or text **(916) 781-3737**, or **request an appointment online** if your bite feels different or chewing is uncomfortable.