ROSEVILLE SMILES

SERVICE CATALOG

Service Name **TMJ & Bite Splints**

ABOUT TMJ & BITE SPLINTS



We offer personalized TMJ care to help relieve jaw pain, headaches, clicking, and facial tension caused by TMJ disorders. Using a thorough evaluation and gentle, effective treatment options, we focus on reducing discomfort, improving jaw function, and helping you feel comfortable again.

WHAT IS A TMJ SPLINT?

Personalized Care for Jaw Discomfort and Teeth Grinding

Jaw soreness, difficulty chewing, or signs of tooth wear deserve attention. At Roseville Smiles, Dr. Sri evaluates your symptoms and discusses options to support your comfort and protect your teeth.

Understanding TMJ and TMD

Your temporomandibular joints, or TMJs, connect your lower jaw to your skull. Temporomandibular disorders, or TMDs, affect these joints and the muscles that control jaw movement.

Symptoms may include jaw pain, stiffness, painful clicking, or difficulty opening your mouth. Clicking without pain is common and usually does not require treatment.

What Is a Bite Splint?

A bite splint is a removable appliance made to fit over your upper or lower teeth. These appliances are sometimes called night guards or occlusal splints.

For patients who grind or clench their teeth, a splint provides a barrier that helps protect teeth and dental restorations from damage. It does not necessarily stop grinding or clenching.

A splint may also be considered as part of a conservative plan for certain jaw symptoms. Results vary, and a splint is not a guaranteed solution for TMD pain.

What Should I Expect?

Dr. Sri will review your symptoms and health history and examine your teeth, jaw movement, and muscles. Depending on the findings, recommendations may include self-care, a custom appliance, or referral to an appropriate specialist.

If a splint is recommended, we will take scans or impressions, check its fit, and explain when to wear it and how to clean it. Follow-up visits help us assess its condition and your response.

Schedule an Evaluation

Call or text **(916) 781-3737**, or **request an appointment online** to discuss jaw discomfort, grinding, or whether a custom bite splint is appropriate for you.