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**V3162**  
**Bruxism – Prevention and Treatment**

Gordon J. Christensen, DDS, MSD, PhD & Jeff Wyscarver, RPSGT

**Materials Included:**  
C.E. Instruction Sheet  
Products List  
Clinician Responsible  
Goals & Objectives  
Overview  
Supplemental Materials  
AGD Post-Test

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**PRACTICAL CLINICAL COURSES**

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*Sources of Products Discussed in*

**V3162 Bruxism – Prevention and Treatment**

Presented by: Gordon J. Christensen, DDS, MSD, PhD & Jeff Wyscarver, RPSGT

1. **AccuFilm II**  
Parkell, Inc.  
300 Executive Drive  
Edgewood, NY 11717  
(800)243-7446  
(631)249-1134  
[www.parkell.com](http://www.parkell.com)
2. **7406 Bur (Finishing & Trimming)**  
Dentsply Sirona  
13320-B Ballantyne Corporate Pl  
Charlotte, NC 28277  
(800)877-0020  
[www.dentsplysirona.com](http://www.dentsplysirona.com)
3. **Classic**  
Dentsply Sirona  
13320-B Ballantyne Corporate Pl  
Charlotte, NC 28277  
(800)877-0020  
[www.dentsplysirona.com](http://www.dentsplysirona.com)
4. **Cotton Roll (6-inch)**  
Local Dealer
5. **DryTips**  
Microbrush International  
1376 Cheyenne Avenue  
Grafton, WI 53024  
(866)866-8698  
[www.microbrush.com](http://www.microbrush.com)
6. **Madame Butterfly Silk**  
Almore International  
441 19<sup>th</sup> Street S.E.  
Hickory, NC 28602  
(800)547-1511  
[www.almore.com](http://www.almore.com)
7. **Megatray Custom Tray Material (Replacement for Triad TruTray)**  
Henry Schein Dental  
135 Duryea Road  
Melville, NY 11747  
(800)372-4346  
(631)843-5500  
[www.henryschein.com](http://www.henryschein.com)
8. **Mynol XX-Thin by ADA Products Company**  
Patterson Dental  
1031 Mendota Heights Road  
St. Paul, MN 55120  
(800)328-5536  
(651)686-1600  
[www.pattersondental.com](http://www.pattersondental.com)
9. **Nox T3 Monitor (Bruxism Home Monitoring System)**  
Whip Mix  
361 Farmington Avenue  
P.O. Box 17183  
Louisville, KY 40217  
(800)626-5651  
(502)637-1451  
[www.whipmix.com](http://www.whipmix.com)
10. **Occlusal Indicator Wax**  
Kerr Corporation  
200 S. Kraemer Blvd.  
Building E2  
Brea, CA 92821  
(800)537-7123  
(714)516-7400  
[www.kerrdental.com](http://www.kerrdental.com)
11. **Occlusal Splint Laboratory**  
Glidewell  
4141 MacArthur Blvd.  
Newport Beach, CA 92660  
(800)854-7256  
[www.glidewelldental.com](http://www.glidewelldental.com)
12. **Occlusal Splint Laboratory**  
Great Lakes Dental Technologies  
200 Cooper Avenue  
Tonawanda, NY 14150  
(800)828-7626  
(716)871-1161  
[www.greatlakesdentaltech.com](http://www.greatlakesdentaltech.com)
13. **Occlusal Splint Laboratory**  
NDX Keller Dental Laboratory  
160 Larkin Williams Industrial  
Fenton, MO 63026  
(800)325-3056  
(636)600-4200  
[www.nationaldentex.com](http://www.nationaldentex.com)
14. **Orthotyp DCL**  
Ivoclar Vivadent Inc.  
175 Pineview Drive  
Amherst, NY 14228  
(800)533-6825  
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[www.ivoclar.com](http://www.ivoclar.com)
15. **Portrait IPN**  
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(800)533-6825  
(716)691-0010  
[www.ivoclar.com](http://www.ivoclar.com)
20. **VITA Physiodens Denture Teeth**  
VITA North America  
22705 Savi Ranch Parkway  
Suite 100  
Yorba Linda, CA 92887  
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[www.vitanorthamerica.com](http://www.vitanorthamerica.com)
17. **Triad TruTray (See Megatray  
Custom Tray Material)**
18. **TrollFoil by TrollDental**  
Directa USA  
64 Barnabas Road  
Unit 3  
Newtown, CT 06470  
(800)537-8765  
[www.directausa.com](http://www.directausa.com)
19. **TruExpression by  
Dentsply Sirona**  
Pearson Dental Supply Co.  
13161 Telfair Avenue  
Sylmar, CA 91342  
(800)535-4535  
(818)362-2600  
[www.pearsondental.com](http://www.pearsondental.com)

***Product names, the products themselves, and company names change rapidly. Please contact the companies shown to confirm current information.***

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## **PROGRAM**

### **V3162 Bruxism – Prevention and Treatment**

#### **CLINICIANS RESPONSIBLE:**

**Gordon J. Christensen, DDS, MSD, PhD**  
Founder and CEO, Practical Clinical Courses  
Senior Consultant & Previous CEO, CR Foundation  
Practicing Prosthodontist, Provo, Utah

**Jeff Wyscarver, RPSGT**  
President of DDME

#### **GOALS & OBJECTIVES**

At the completion of this video presentation, participants should be able to accomplish the following:

1. Define grinding bruxism.
2. Define clenching bruxism.
3. Differential between grinding and clenching bruxism.
4. Discuss the prevalence of bruxism in adults.
5. Discuss the prevalence of bruxism in children.
6. Define nocturnal bruxism.
7. Define awake bruxism.
8. Differentiate between the type of bruxism for nocturnal and awake bruxism.
9. Discuss the influence of bruxism on restorative dentistry.
10. Discuss the influence of bruxism on removable prostheses.
11. Discuss bruxism and implant-supported prostheses.
12. Discuss the influence of bruxism on the periodontium.
13. Describe treatment for early bruxism.
14. Describe treatment of moderate bruxism.
15. Describe treatment for advanced bruxism.
16. Describe how the intensity and duration of bruxism can be measured.
17. Discuss the value of occlusal splints as treatment for bruxism.
18. Discuss the value of occlusal equilibration as treatment for bruxism.
19. Discuss cures for bruxism.
20. Discuss preventive care for bruxers.

## OVERVIEW

### **V3162 Bruxism – Prevention and Treatment**

This presentation is planned to provide a historical overview of bruxism, the causes, prevention of bruxism, and treatment for bruxism.

The following and other topics are included in the presentation:

- What is grinding bruxism?
- What is clenching bruxism?
- The prevalence of grinding and clenching bruxism
- Nocturnal and awake bruxism
- Bruxism in the adult dentition
- Bruxism in the primary dentition
- Measuring grinding and clenching bruxism duration and intensity
- Influence of bruxism on restorative treatment
- Influence of bruxism on removable prostheses
- Influence of bruxism on implant-supported fixed and removable prostheses and the supporting implants
- Influence of bruxism on the periodontium
- Prevention of bruxism
- Treatment of early bruxism
- Treatment of moderate effects of bruxism
- Occlusal splints
- Seating occlusal splints
- Influence of occlusal splints on sleep apnea
- Occlusal equilibration
- Occlusal equilibration, clinical
- Treatment of advanced bruxism
- Postoperative preventive treatment

## **SUPPLEMENTAL MATERIALS**

### **V3162 Bruxism – Prevention and Treatment**

1. Sanders AE, Essick GK, Fillingim R, Knott C, Ohrbach R, Greenspan JD, Diatchenko L, Maixner W, Dubner R, Bair E, Miller VE, Slade GD. Sleep Apnea Symptoms and Risk of Temporomandibular Disorder: OPFERA Cohort. *JDR Clinical Research Supplement*. 2013 July;92(1):70S-76S. doi: 10.1177/0022034513488140.
2. Maluly M, Andersen ML, Dal-Fabbro C, Garbuio S, Bittencourt L, de Siqueira JTT, Tufik S. Polysomnographic Study of the Prevalence of Sleep Bruxism in a Population Sample. *JDR Clinical Research Supplement*. 2013 July;92(1):97S-103S. doi: 10.1177/0022034513484328.
3. Feu D, Catharino F, Quintão CCA, de Oliveira Almeida MA. A systematic review of etiological and risk factors associated with bruxism. *Journal of Orthodontics*. 2013 June;40(2):163-171. doi: 10.1179/1465313312Y.0000000021.
4. Komiyama O, Lobbezoo F, De Laat A, Iida T, Kitagawa T, Murakami H, Kato T, Kawara M. Clinical Management of Implant Protheses in Patients with Bruxism. 2012 Apr;2012(2012). doi: 10.1155/2012/369063.
5. Lavigne GJ, Khoury S, Abe S, Yamaguchi T, Raphael K. Bruxism physiology and pathology: an overview for clinicians. *Journal of Oral Rehabilitation*. 2008 July;35(7):476-494. doi: 10.1111/j.1365-2842.2008.01881.x.
6. Serra-Negra JM, Paiva SM, Seabra AP, Dorella C, Lemos BF, Pordeus IA. Prevalence of sleep bruxism in a group of Brazilian schoolchildren. *European Archives of Paediatric Dentistry*. 2010 Aug;11(4):192-195.
7. Carra MC, Huynh N, Morton P, Rompré PH, Papadakis A, Remise C, Lavigne GJ. Prevalence and risk factors of sleep bruxism and wake-time tooth clenching in a 7- to 17-yr-old population. *European Journal of Oral Sciences*. 2011 Oct;119(5):386-394. doi: 10.1111/j.1600-0722.2011.00846.x.
8. Cheng HJ, Chen YQ, Yu CH, Shen YC. The influence of occlusion on the incidence of bruxism in 779 children in Shanghai. *Shanghai Kou Qiang Yi Xue* 2004;13(2):98-99.
9. Macaluso GM, Guerra P, Di Giovanni G, Boselli M, Parrino L, Terzano MG. Sleep Bruxism is a Disorder Related to Periodic Arousals During Sleep. *Journal of Dental Research*. 1998 April;77(4):565-573. doi: 10.1177/00220345980770040901.
10. van der Zaag J, Lobbezoo F, Wicks DJ, Visscher CM, Hamburger HL, Naeije M. Controlled assessment of the efficacy of occlusal stabilization splints on sleep bruxism. *J Orofac Pain*. 2005 Spring;19(2):151-8.
11. Okeson JP. The effects of hard and soft occlusal splints on nocturnal bruxism. *The Journal of the American Dental Association*. 1987 June;114(6):788-791.

## **SUPPLEMENTAL MATERIALS (Cont'd)**

### **V3162 Bruxism – Prevention and Treatment**

12. Dao TT, Lavigne GJ. Oral Splints: the Crutches for Temporomandibular Disorders and Bruxism? Sage Journals: Critical Reviews in Oral Biology & Medicine. 1998;9(3):345-361. doi: 10.1177/10454411980090030701.
13. Lavigne GJ, Kato T, Kolta A, Sessle BJ. NEUROBIOLOGICAL MECHANISMS INVOLVED IN SLEEP BRUXISM. Sage Journals: Critical Reviews in Oral Biology & Medicine. 2003 Jan;14(1):30-46. doi: 10.1177/154411130301400104.
14. Lobbezoo F, Naeije M. Bruxism is mainly regulated centrally, not peripherally. Journal of Oral Rehabilitation. 2001 Dec;28(12):1085-1091. doi: 10.1046/j.1365-2842.2001.00839.x.
15. Ohayon MM, Li KK, Guilleminault C. Risk Factors for Sleep Bruxism in the General Population. Chest. 2001 Jan;119(1):53-61. doi: 10.1378/chest.119.1.53.
16. Bader G, Lavigne G. Sleep bruxism; an overview of an oromandibular sleep movement disorder. Sleep Medicine Reviews. 2000 Feb;4(1):27-43.
17. Lavigne GJ, Rompre PH, Montplaisir JY. Sleep Bruxism: Validity of Clinical Research Diagnostic Criteria in a Controlled Polysomnographic Study. Sage Journals: Journal of Dental Research. 1996 Jan;75(1):546-552. doi: 10.1177/00220345960750010601.
18. Cheifetz AT, Osganian SK, Allred EN, Needleman HL. Prevalence of Bruxism and Associated Correlates in Children as Reported by Parents. Journal of Dentistry for Children. 2005 May-Aug;72(2):67-73(7).
19. Lobbezoo F, Van Der Zaag J, Van Selms MKA, Hamburger HL, Naeije M. Principles for the management of bruxism. Journal of Oral Rehabilitation. 2008 July;35(7):509-523. doi: 10.1111/j.1365-2842.2008.01853.x.



## POST-TEST

### **V3162 Bruxism – Prevention and Treatment**

1. Awake bruxism is most common in\_\_\_\_\_.
  - a. males.
  - b. females.
  - c. both males and females have equal awake bruxism.
  - d. times of low stress.
  
2. Grinding bruxism:
  - a. steepens incisal guidance.
  - b. influences canine rise most.
  - c. influences centric relation most.
  - d. is not as destructive as clenching bruxism.
  
3. An occlusal splint in a daytime bruxer:
  - a. is not indicated.
  - b. should be used when awake in times of stress.
  - c. should be worn during sleeping.
  - d. can worsen bruxing.
  
4. Children:
  - a. do not brux.
  - b. brux more than adults.
  - c. carry their bruxing habit into adult life.
  - d. often brux until the mixed dentition stage.
  
5. Occlusal splints:
  - a. cure bruxism.
  - b. have no effect on bruxism.
  - c. reduce bruxing while they are being worn.
  - d. should not be used on daytime bruxers.
  
6. Occlusal equilibration:
  - a. is mandatory for bruxism.
  - b. should be done only on severe bruxers.
  - c. is elective in treatment of bruxism.
  - d. has been shown to increase bruxism.
  
7. Treatment for initial bruxism includes:
  - a. education about the condition.
  - b. use of an occlusal splint.
  - c. an evaluation to determine if it is grinding or clenching bruxism.
  - d. all of the above.

**POST-TEST (Cont'd)**

**V3162 Bruxism – Prevention and Treatment**

8. Treatment for moderate bruxism should **not** include:
- a. an occlusal splint.
  - b. education about the condition.
  - c. an occlusal equilibration.
  - d. none of the above apply.
9. Bruxism:
- a. can be cured with occlusal splints.
  - b. can be cured with an occlusal equilibration.
  - c. can be stopped by good counseling for the patient.
  - d. cannot be cured.
10. The bruxism monitor discussed in this presentation measures:
- a. presence of grinding.
  - b. presence of clenching.
  - c. duration of bruxing.
  - d. presence of snoring.
  - e. all of the above.

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