

# OCCLUSAL EQUILIBRATION

1. **PURPOSE:** There are many reasons why teeth and jaws do not occlude (come together) in a comfortable and healthy position. Some of them are: Teeth can erupt into this position when we are adolescents (“malocclusion” or poor bite); Orthodontics; many dental procedures (extractions, fillings, crowns, bridges) placed over a period of years; developmental defects; Trauma; Bruxism (grinding teeth); and Clenching. Occlusal Equilibration is the systematic, precise adjustment of your teeth, dentures, bridges, fillings, or other oral appliances to a position, which allows your lower jaw to function in the natural relationship to your upper jaw, without improper interference from the opposing teeth.
2. **IS IT HARMFUL?** Your mouth is being equilibrated because some problem exists; pain; abnormal wear; breaking of restorations; or other situations. The problem is usually present because teeth and/or restorations do not meet in harmony with your lower jaw at the proper position. The result is harmful wear and damage to the teeth and joints. Occlusal equilibration “adjusts” some areas of the teeth mechanically and allows the teeth to meet harmoniously. It is not harmful but is beneficial.
3. **THE FUTURE:** A simple Occlusal Equilibration can be accomplished in minimum time and with changes in your occlusal (bite) occurring over a period of time. More complex equilibrations may require several appointments and the teeth may “shift” slightly between appointments. When your symptoms are gone and your occlusion is relatively stable, your equilibration will be finished. Obviously, placement of any new fillings in your mouth will change the way the teeth contact. The dentist accomplishing this treatment should be advised of your past occlusion problem.
4. **HOW YOUR TEETH FEEL:** After Occlusal Equilibration your occlusion (bite) will feel different to you. This is to be expected. You will gradually accept this location as your new chewing position, and it will feel very acceptable.
5. If you have any questions or problems, please call me.