

## TMD SERIES

# Equilibration

## What Is Equilibration?

Equilibration is a process in which we adjust your bite by reshaping the biting surfaces of your teeth. It's important for the health of your mouth to have your teeth come together properly when you bite and chew. Equilibration can prevent you from experiencing the following problems:

- Loose teeth
- Pain when chewing
- A toothache
- Jaw-joint pain
- Headaches
- Loss of tooth structure near the gumline



*Jaw-joint pain*



*Evaluating your bite*



*Adjusting your bite*

## What is a healthy bite?

If your bite is healthy, your teeth will come together in such a way that they allow ideal paths of movement. This creates harmony for your jaw joint and maximum protection for your teeth. However, if you have had periodontal disease, an abscess, tooth crowding, or previous tooth loss, your teeth may shift or tilt. When this happens, your bite's natural harmony may be compromised or lost.

## How we can help using equilibration

The process of equilibration begins with a careful evaluation of your mouth and your bite. This sometimes includes taking x-rays. We'll use a special marking tape to evaluate your specific biting pattern. Then we'll use the dental handpiece to carefully and meticulously remove small layers of tooth enamel. We'll repeat the process, sometimes on subsequent visits, until your bite is back in harmony.

Equilibration is a safe and effective procedure that prevents a chain reaction of problems in your mouth and restores harmony to your teeth and bite.