

# BITE PROBLEMS

A bite problem arises when the three parts of your chewing system - your teeth, jaw joint and chewing muscles - cannot function ideally because of the way your teeth fit together. Over time, the stress a bite problem puts on your chewing system may lead to muscle and jaw joint pain as well as headaches, ringing in your ears and worn, broken or loose teeth.

## Frequently Asked Questions

### 1. *What causes a Bite Problem?*

A bite problem is caused by your upper and lower teeth rubbing against each other irregularly when you are chewing and meeting unevenly when you close your mouth.

### 2. *What can I do to minimize my risk of future Bite Problems?*

The first step in addressing a bite problem is to have your dentist evaluate your individual risk factors and customize an appropriate Management Protocol for you.

Your Bite Problem Management Protocol may include:

- Wearing a Kois Deprogrammer to determine your most relaxed jaw position
- Treating an unbalanced bite by:
  - Reshaping or “equilibrating” your teeth
  - Rebuilding your teeth by adding to them with dental restorations
  - Orthodontically moving your teeth

The Management Protocol for bite problems has important steps that you must carry out on your own to address your particular bite problem.

### 3. *What will happen if I choose to do nothing about my Bite Problem?*

If left untreated, bite problems may lead to chronic head and neck pain, jaw joint problems and destruction of your teeth.



Deep Bite with Front Teeth Tightly Touching



Uneven Bite



Severely Worn Front Teeth



Kois Deprogrammer