

# Patient Information - Parafunction

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## Why It's Important to Be Aware of Parafunctional Behavior

**Studies have shown that up to 80% of the population that grind their teeth are not aware of their condition.** Bruxism (clenching or grinding) can occur during the daytime or night, and for some patients it comes and goes (during periods of stress or use of certain medications) whereas other sleep bruxism patients will brux at nighttime without any awareness of a condition referred to as parafunction. Parafunction does not always result in jaw pain or a problem with the temporomandibular joint (TMJ). Even without pain, it does create stress on the teeth and can negatively affect the gums as well. We want to identify if this is present so we can respond to the possible risk of damage such as worn dentition, a cracked tooth, gum recession, or jaw muscle strain and associated headaches.

We will examine the condition of your teeth, jaw function and related muscles, and we will also use QuickSplint to learn whether you clench or grind your teeth at night. We can identify any risks of future damage and this also helps with treatment planning such as filling materials, crowns or veneers. Cosmetic dentistry has introduced advanced techniques and new materials that rely heavily on adhesive bonds that are at greater risk for failure due to excessive strain and pressure as well as shearing forces that are placed on teeth with clenching and grinding movements. When it is known, we can plan for this and design protective measures for your benefit.

**We would like you to wear QuickSplint at night for 3 to 4 weeks and return for a follow up visit.** When you return for a follow-up, you will be asked what you noticed about wearing the QuickSplint. Did you experience more or less jaw tension or headache? There might be evidence that we both can see, such as grind marks. If this simple test device shows wear, our office can make a more appropriate night guard for your protection. We can also discuss your objectives for restorations or cosmetic dentistry with this valuable new information provided by this trial. This is a new program in our practice, designed to continue our commitment to your dental health and well-being.

**IMPORTANT: If at any time you experience pain, stop wearing the QuickSplint and call us. Some patients may not tolerate an appliance and this is helpful information for us to know and will save you the expense of a custom night guard.**

Bruxism  
Clenching  
Tooth wear  
Cracked teeth  
Gum recession  
Headaches  
Orofacial pain  
TMJ dysfunction

# Patient Questionnaire - Parafunction

Please answer these questions regarding clenching or grinding of your teeth. Check the answer that best applies to you for each question.

	<i>Not at all</i>	<i>Maybe or Some</i>	<i>Yes or Often</i>
<b>1. Do you clench or grind?</b>	_____	_____	_____
<i>During the day?</i>	_____	_____	_____
<i>When you are sleeping?</i>	_____	_____	_____
<i>Other</i> _____	_____	_____	_____
<b>2. Have you been treated for this?</b>	<i>Not at all</i>	<i>Maybe or Some</i>	<i>Yes or Often</i>
<i>With a night guard?</i>	_____	_____	_____
<i>With an adjustment to your bite?</i>	_____	_____	_____
<i>Other</i> _____	_____	_____	_____
<b>3. Do you have any jaw pain?</b>	<i>Not at all</i>	<i>Maybe or Some</i>	<i>Yes or Often</i>
<i>Periodic jaw pain and/or headache</i>	_____	_____	_____
<i>Frequent jaw pain and/or headache</i>	_____	_____	_____
<i>Constant</i>	_____	_____	_____
<b>4. Have you cracked or broken a tooth, crown or veneer?</b>	<i>Not at all</i>	<i>Maybe or Some</i>	<i>Yes or Often</i>
	_____	_____	_____

## TOTAL YOUR SCORE

Number of "Not at all" answers            \_\_\_\_\_ X 0 points = \_\_\_\_\_ points  
 Number of "Maybe or some" answers    \_\_\_\_\_ X 1 points = \_\_\_\_\_ points  
 Number of "Yes or Often" answers        \_\_\_\_\_ X 2 points = \_\_\_\_\_ points

ADD UP POINTS TO DETERMINE TOTAL SCORE = \_\_\_\_\_