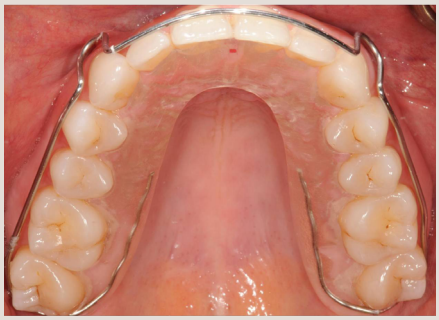
EQUILIBRATION

An equilibration is the very slight recontouring of your teeth to create a bite that is in balance with your chewing muscles and your jaw joint, (Temporomandibular Joint, or "TMJ"). This exacting process is carried out by your dentist using a retainer-like appliance called a Kois Deprogrammer.

Frequently Asked Questions

1. **What are the benefits of an Equilibration?**
   An equilibration is the most effective way to improve an unbalanced bite. When a bite is unbalanced, muscles in your face must compensate for the way your teeth fit together by moving your jaw into a less than ideal position. This puts stress on your muscles, teeth and jaw joint, and may result in muscle pain, headaches, worn teeth and, eventually, unhealthy changes to the joint itself.

2. **What are the risks of having an Equilibration?**
   Although rare, the equilibration process may cause sensitivity to the teeth. This is usually short-lived and helped with a fluoride treatment. Very rarely, the sensitive area must be sealed off with a dental restorative material. Sometimes the equilibration is not complete after one visit and the Kois deprogrammer must be worn until the next visit.

3. **What is the alternative to an Equilibration?**
   The alternatives to an equilibration are either to move your teeth by orthodontics, to change their shape by dental restorations or to do nothing. Your dentist will recommend the best treatment option based on the severity of your symptoms, the state of your teeth and the amount that your bite must change to become balanced.

4. **Are there any considerations after having an Equilibration?**
   In some cases, patients may require further bite adjustments over time. It is important to understand that teeth do continue to move and wear throughout your lifetime and that some people are more sensitive to these changes in their mouths than others.