

# ARROWHEAD LAKES DENTISTRY

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**THIS INFORMATION IS FOR GENERAL USE ONLY.  
YOUR INDIVIDUAL SITUATION MAY VARY.  
CONSULT YOUR DENTIST FOR SPECIFIC  
RECOMMENDATIONS.**

## OCCLUSAL EQUILIBRATION

1. **PURPOSE:** There are many reasons why teeth and jaws do not occlude (meet) in a tolerable position. Some of them are: many fillings or bridges placed over a period of years; orthodontics; developmental defects; oral surgery; trauma; malocclusion (poor bite); bruxism; and clenching. Occlusal equilibration is the mechanical adjustment of your teeth, dentures, bridges, fillings, or other oral appliances to a position which allows your lower jaw to function in a natural hinge in relation to your upper jaw without improper influence from the 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 the teeth and/or restorations do not meet in harmony with your lower jaw at the proper position. The teeth and fillings have not "worn in" properly. Occlusal equilibration "wears" some areas 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 only slight changes in your occlusion (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 comfortable.

If you have questions or problems, please call our office.