



ASPEN HILL SMILES
Family Dentistry

ADDRESSING TOOTH WEAR

With advancements in dentistry, most patients can expect to keep their teeth for a lifetime. While we have been able to repair the effects of decay and gum disease, tooth wear has become a much more prevalent problem. Like all things, teeth show signs of wear and tear over time. The effects of wear, in particular, are most noticeable in body structures that do not replace themselves, and this is especially evident in the enamel of the teeth. Most bodily tissues, including hard tissues like bone, are continually repaired and replaced through cycles. Teeth are unusual in that the enamel, the covering layer of the crowns of the teeth, is non-living, and thus does not regenerate itself.

If addressed early, excessive tooth wear can be prevented or maintained so that it does not become a problem. For cases of more advanced wear, the teeth and bite must first be retored, and then protected so the destruction does not occur again. Depending on the severity and any functional or aesthetic issues, you generally have a few options for addressing tooth wear.



Mild Wear



Moderate Wear



Excessive Wear

OPTION 1

OVER-THE-COUNTER BITE GUARDS

For some patients with mild or early signs of wear, an over-the-counter 'boil and bite' guard may be an option to prevent further wear. Available at most drug stores, over-the-counter guards are one size fits all, cost \$30-50, and last 3-4 months due to the softer materials used. These guards do prevent tooth wear, however they may be challenging to keep in the mouth all night, may cause pain or discomfort in some of the teeth, and should not be used in patients with TMD/TMJ pain as they may significantly worsen the condition.

OPTION 2

CUSTOM FABRICATED APPLIANCE

Custom fabricated appliances are the ideal treatment for all patients with mild, moderate, or even severe wear. Each appliance is fabricated from a 3D scan of the patient's teeth to prevent wear, decrease force on the teeth when clenching, relieve any TMD/TMJ symptoms, and provide years of comfortable wear. Our Lifetime Appliance* includes a digital copy of your appliance stored in the cloud for a lifetime. This allows for new replacements to be digitally fabricated on-demand in case of damage, loss, dental work, and even wear and tear -- all for a small deductible. Costs are about \$900 for initial design, fabrication, custom adjustment and permanent cloud storage.



Digital Fabrication of Custom Appliance

OPTION 3

WEAR/BITE CORRECTION & CUSTOM FABRICATED APPLIANCE

For patients with moderate to excessive wear, the damaged teeth and/or bite issues often need to be treated first, and then protected by a custom fabricated appliance. Depending on the cause and severity of wear, damaged teeth are restored using porcelain crowns and veneers and designed to correct any bite issues. This can involve only the front teeth in moderate cases, and both front and back teeth in more severe cases. Costs can vary widely depending upon the number of teeth involved, with cases ranging from \$5,000 to \$35,000.



Before Correction of Excessive Wear

After Correction of Excessive Wear