

TEETH GRINDING INFORMATION GUIDE

Everything You Need to Know to Make an
Educated Decision for Your Teeth Grinding Solution

Welcome and Congratulations!

Dear Friend,

My name is **Dr. Daniel Gober**, and right off the bat, I want to congratulate you on making the wise decision to request a copy of this pricing and information guide for teeth grinding.

My ultimate goal is simple: to give patients smile that they love.

Why? Because in my years of practice, I've found that there's almost nothing that can make as big a difference in your health, self-confidence, and overall quality of life as your smile.

Everything else can be working like clockwork – job situation, family, friends and relationships. But if you can't experience the simple act of savoring the foods you love most or if you're embarrassed to smile or even engage in conversation because of missing or failing teeth.

Then no matter how great everything else is going, the real joy you long for is missing.

I'm here to tell you that you don't have to settle for that kind of life any longer. I know this for a fact because I have seen countless individuals who used to suffer from missing, failing teeth, or loose/ill-fitting dentures - now eating and enjoying the very foods they'd thought were lost to them forever.

I've seen patients walk in my doors seemingly ashamed to smile, and later walk out those same doors glowing with a lovely smile as radiant as the sun.

Thanks to the miracles of modern medicine and technology it's now not only possible, it's far more affordable and achievable than you probably have ever imagined.

Whether you're reading this guide for yourself or for a loved one, you're in the right place. We've designed this to provide you with all the necessary information you need to make an educated decision regarding what is best for overall health and happiness.

With all that said, let's get started.

MEET YOUR DOCTOR



Dr. Daniel Gober

Dr. Daniel Gober, DDS is a dentistry practitioner in Cedarhurst, NY. Dr. Gober completed a residency at Nova Southeastern University College Of Dental Medicine Department Of Periodontics. They currently practice at South Island Periodontics & Implantology, PLLC, Cedarhurst, NY.

What Our Patients Say



“

Everyone is so professional and nice in that place this was really the best experience I have ever had at the dental office. If you scared of any dental procedure you have ahead of you without any doubt go to Smile Cafe. And even though I came with a Groupon, there was no pressure at all to sign me in for any additional procedures/expensive treatments/etc. Thank you for an amazing experience.”

- Lina



“

This was by far one of the best dental experiences I've ever had. They were very friendly and thorough, did not miss a beat on the standard dental exam. It was a great cleaning and they gave excellent feedback on X-ray and the health of your teeth. Would recommend!”

- Wesley



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(646) 798-9733

COMMON PROBLEMS RESULTING FROM TEETH GRINDING

Teeth grinding (or Bruxism) is an extremely common habit. In fact, it affects up to one third of adults during the day and more than one in ten in their sleep. For children, an estimated three out of ten children grind their teeth before reaching the age of five.

While teeth grinding is very common, it can still be quite problematic. Let's explore a few of the common problems that can be caused by chronic teeth grinding:

1. Worn Down Teeth

When teeth grinding is chronic, it can really take a toll on your teeth. In some cases, it can lead to fracturing, loosening, or even loss of your teeth. When teeth grinding is severe enough that it is causing these kinds of problems, intervention may be needed to save (or replace) your teeth.

2. Sore Jaw

Understandably, teeth grinding can also cause jaw pain. The act of constantly clenching and grinding your teeth together (often during your sleep) takes its toll on your jaw muscles after some time, causing potentially severe jaw aches. This can also cause the muscles in your jaw to become tight, and may even feel difficult to move.

COMMON PROBLEMS RESULTING FROM TEETH GRINDING

3. Headaches After Sleeping

For many people, if teeth grinding is something that happens at night, they might wake up with symptoms and not even be aware of where they came from. Waking up with a headache after sleeping is potentially a symptom of chronic teeth grinding while sleeping.

4. Increased Tooth Sensitivity

Just like brushing too hard or eating harmful foods, chronic grinding of the teeth can lead to worn down tooth enamel. This gives access to your nerves, resulting in tooth sensitivity.

5. Tooth Pain

Since teeth grinding can cause actual fracturing of the teeth and wear down tooth enamel, tooth pain is a natural byproduct of teeth grinding. Chronic grinding can eventually physically damage the teeth, which can cause severe pain in addition to general tooth sensitivity.

COMMON REASONS FOR TEETH GRINDING

There are more reasons for teeth grinding than you might think! These reasons range from emotional to psychological to simply structural. Let's dive in and learn about some of the most common reasons for teeth grinding. Maybe one of these will resonate with you:

1. Stress And/Or Anxiety

Have you ever found yourself nervous or stressed, and realized you were tapping your foot, or biting your nails? Or maybe you, like many others, tend to release all that stress by grinding your teeth! Unfortunately, what should be a harmless way to release pent up anxiety actually can have detrimental effects on dental health.

2. Abnormal Bite

Teeth grinding can also be caused by the teeth being out of alignment with one another. An uneven bite can cause the tendency to grind your teeth when you are asleep. Unconsciously, your body attempts to compensate for the lack of alignment by forcing the teeth to "fit" together naturally. This causes the grinding motion.

3. Missing Or Crooked Teeth

Believe it or not, missing or crooked teeth can actually cause you to grind your teeth as well! This is because both of these things can, once again, cause a misalignment in the teeth.

4. Long Time Habit

Habits develop for all sorts of reasons! Maybe it started as a nervous habit or a way to release stress - a coping mechanism. But over time, it developed into a habit. Once these habits develop, even when we know they're harmful, it can be difficult to move on from them.

5. Chewing Non-Food Items

Everyone craves junk food occasionally. But did you know that some people have a disorder that causes them to crave objects that aren't edible. They might crave soil, stones, metal, paint, or a wide variety of other inedible items. While rare, this disorder (called "Pica") is worth mentioning in a conversation about teeth grinding, because many of the effects on the teeth are extremely similar.

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FREE DENTAL EXAM

If it's been a while, don't worry, we never judge. Our only goal is to help you, in a friendly, comfortable environment, make sure your oral health is the best it's ever been.



FREE CONE BEAM, DIGITAL SCANNERS AND DIGITAL X-RAY

This provides you with a comprehensive picture of everything going on inside your mouth, and we do this with utmost care for your comfort and ease as our highest priority.



FREE EXPERT CONSULTATION

Based on the exam and imaging, we'll let you know what's going great inside your mouth and opportunities for improvement.

Finally, we'll provide you with a comprehensive step-by- step game plan to give a solution to your teeth grinding.

THIS PACKAGE USUALLY RETAILS AT

~~\$350~~

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Call Now: (646) 798-9733

Retail value of this comprehensive package is \$350, but if you schedule your “Best Smile Ever” Package in the next 30 days, we'll waive that fee and provide all this absolutely FREE.

SOLUTIONS FOR TEETH GRINDING

Of course, for almost any problem, there is a solution! If you or someone close to you suffers from the urge to grind your teeth, there are quite a few remedial options available to you. Let's explore just a few:

1.

NIGHTTIME MOUTH GUARD

A mouth guard is a device that you wear in your mouth when you sleep at night. They go over your teeth and create a barrier between your upper and lower teeth, forcing your jaw to loosen up when you begin to clench your teeth at night. In this way, they prevent teeth grinding and the subsequent oral health issues that teeth grinding might cause!

2.

DENTAL CORRECTION

When the teeth grinding is severe and has already caused damage, dental correction may be necessary. Your dentist might suggest reshaping the chewing surfaces using crowns, veneers, or other dental techniques.

3.

MASSAGING JAW MUSCLES

Who needs more hassles? The best solution is one that matches your natural teeth, allowing you to just brush and floss.

4.

STOP FINGERNAIL BITING

Fingernail biting is a fairly common stress reaction. There are many reasons to quit this unhealthy habit. One of them is that when you bite, your fingernails, you are actually clenching your teeth! By quitting your fingernail biting habit, you will actually be clenching your jaw much less, too.

5.

STRESS MANAGEMENT

“Don’t worry, be happy!” It’s easier said than done, isn’t it? We all experience stress, and there are a wide variety of coping mechanisms, both healthy and unhealthy, to choose from. Because jaw clenching and teeth grinding are habits often triggered by stress, creating a healthy stress management plan could drastically lessen the amount of time you find yourself clenching your jaw.

6.

BOTOX IN JAW MUSCLES

Who needs more hassles? The best solution is one that matches your natural teeth, allowing you to just brush and floss.

7.

FIXING THE BITE

As we’ve discussed, teeth grinding and jaw clenching often happen unconsciously during the night as a result of a misaligned bite. Often, simply correcting your misaligned bite will fix the issue. There are a wide variety of ways to accomplish this! Talk to your dentist about your unique situation, and discover which solution works for you.

CHECKLIST

Wondering if teeth grinding might be an issue for you? Add a check mark if any of the following applies to your situation!

- ☐ I Have Worn Down Teeth
- ☐ I Have a Sore Jaw
- ☐ I Have Tight Jaw Muscles
- ☐ I Have Headaches After Sleeping
- ☐ I Have a Lot of Tooth Sensitivity
- ☐ I Have a Lot of Tooth Pain

If any of the above applies to you, it's time to contact us! Give us a call at **(646) 798-9733**.

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Thank you for taking the time to read this information and pricing guide and learning a little more about teeth grinding.

Hopefully this guide has answered some of your questions, and helped you as you approach your new road to dental health.

We know that things can be confusing, and that you might not know where to start, and that's okay! We are here to help!

If you have any other questions, or want to set up a consultation, please do not hesitate to call!

To your dental health,



Dr. Daniel Gober
(646) 798-9733
Smile Café Dental Spa