

# EQUILIBRATION

AN EQUILIBRATION IS THE VERY SLIGHT RECONTOURING OF TEETH TO CREATE A BITE THAT IS IN BALANCE WITH THE CHEWING MUSCLES AND 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, facial muscles must compensate for the way teeth fit together. This puts stress on the muscles, teeth and jaw joint, and may result in muscle pain, headaches, abnormal wear on 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. 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 are the alternatives to an Equilibration?

The alternatives to an equilibration are to move the 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 than others.



Kois Deprogrammer in Mouth



Equilibrated Bite