



Name:

Date:

Clenching/Grinding Questionnaire

Do you experience any of the following symptoms?

Morning headaches	Yes	No	Sometimes
Morning jaw soreness	Yes	No	Sometimes
Morning joint soreness (TMJ)	Yes	No	Sometimes
Morning neck aches	Yes	No	Sometimes
General sensitivity to cold/biting	Yes	No	Sometimes
Fractured teeth	Yes	No	Sometimes
Broken fillings	Yes	No	Sometimes
Broken crowns	Yes	No	Sometimes
Loose teeth	Yes	No	Sometimes
Drifting teeth	Yes	No	Sometimes
Area that traps food	Yes	No	Sometimes

Clenching and grinding causes the following:

Flattened and/or chipped front teeth	Flattened back teeth
Fractured teeth, fillings, crowns	Food trapping
Loose teeth	Recession of the gums
Abfraction (missing enamel near the gum line)	
Sensitivity, especially at the gumline	Large bony growths (tori)

Ask us today if you are interested in more information about Botox/Xeomin for clenching/grinding. Clenching can cause teeth to shift, opening gaps between teeth and trapping foods. This gap can come and go. Such gaps can often be corrected with an orthodontic retainer, but without use of a nightguard, the gap can return.

Patients who have the above signs and symptoms are recommended to use a night guard to protect their teeth, fillings, and crowns and to help prevent the above signs and symptoms.

Patients who do not use a night guard when recommended are responsible for all replacement costs of broken fillings and crowns, regardless of how old the fillings and crowns are.

Patient signature

Date