

Lexington Dental Care

Post-visit instructions

Equilibration Post OP

After your teeth have been equilibrated, your bite will feel different. Most patients find the new bite very comfortable! You should feel that both sides touch simultaneously and evenly. You should not feel your front teeth rub together when eating food. It does take some time, usually about a month for the jaw muscles to adjust to the new position. When you tap your teeth together, you should hear a hollow "clunking" sound, not a "clicking" sound. If any particular teeth feel sore, or your bite does not feel entirely even after your muscles have adapted to the new jaw position, you may need a refinement visit. Please call the office for a follow up visit should you feel tooth soreness or jaw muscle soreness. Having a well-balanced bite helps prevent wear of the teeth and damage to the jaw joints.

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