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DENTAL COMPRESSION SYNDROME

The restorative dental practice of Gene McCoy, D.D.S. is focused on the recognition, management, and prevention of Dental Compression Syndrome (DCS). DCS is a contemporary name for the age-old destructive condition of grinding and clenching of one's teeth. Information on DCS can be found at www.toothcrunch.com. There are three parts to the management of DCS: education (visit website), occlusal adjustment, and guard protection.

CONSENT FOR THE ADJUSTMENT OF TEETH

This procedure is known by many names such as occlusal adjustment, equilibration, and coronoplasty. For the sake of simplicity, Dr. McCoy refers to this part of the management as the sharpening procedure. The sharpening procedure is just that. It is a gentle reshaping of worn teeth in order to make the bite more comfortable by lowering the stress at the gumline. Thin strips of green wax are applied to the biting surfaces of the teeth in order to analyze the way they touch each other upon closure. Ideal contacts are those located on the tips of the cusps, whereas harmful contacts are on the slopes. You will be shown these harmful contacts before the procedure. The whole procedure takes ten to fifteen minutes, does not hurt, and removes only a minute amount of enamel. The teeth are never shortened. A short follow up appointment may be required for fine-tuning and polishing.

Why does it make the teeth more comfortable? Redirecting the contact back to the tip of the cusps reduces the physical stress at the necks of teeth and allows for freer jaw movement.

Is there a down side? After the procedure, a few patients tend to "play" with their bite because it is a new experience. Most patients describe the feeling as "less" because they are not hitting so hard. This is exactly what our objective is – a comfortable light bite. Some patients report a new sensitivity on a tooth that had not bothered them before. This is because the adjustment is first focused on teeth that are hitting the hardest. After these excessive forces are relieved, patients start to feel teeth they have not felt before. The sensitivity is very transient. The procedure does not weaken the teeth, does not promote decay or sensitivity and does not change the appearance of the teeth.

Does the sharpening procedure reduce the tendency to clench ones teeth? Yes, but even though the teeth are more comfortable, patients may still clench and grind due to stress and may also require guard therapy.

I thoroughly understand the recommended procedure and consent to have it done.

Signed: _____ Date: _____
Patient or Guardian

Signed: _____ Date: _____
Treating Dentist

Signed: _____ Date: _____
Witness