

Clenching, Grinding & Tooth Changes

Dental Visit Record | Symptoms to share

Contact your dentist about a newly loose adult tooth. Do not repeatedly wiggle it or bite down to test it. Do not delay care to complete this sheet.

Name / date:

1. What I noticed

Which tooth, jaw area, or side feels different?

What do I feel during normal activities? Any bite changes?

When did it start? Is it becoming more noticeable?

Morning jaw tightness / soreness / other symptoms:

2. Relevant history to share

Past injury / recent dental work / approximate dates:

Has a partner noticed grinding sounds? What / when?

Current nightguard or appliance / any fit changes:

Bring your medication list and mention recent changes. Seek prompt dental care for injury, increasing looseness, severe pain, swelling, or fever.

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Dental Visit Record | Questions and recommendations

These notes cannot diagnose grinding or explain tooth looseness. Ask your dentist to assess the cause before relying on a nightguard.

1. Patterns I have noticed

When do I notice clenching while awake, if at all?

How does this affect eating, sleep, or daily comfort?

2. Questions for my dental team

Do you see signs of grinding? Could gum disease, a crack, or another issue explain the change? Does my bite need checking? Would an appliance help? What should I avoid until treated?

My additional question:

3. Recommendations and follow-up

Dentist / visit date / office phone:

Recommended care or options discussed:

Next step / follow-up date / when to call sooner:

Educational record, not a diagnosis or treatment plan. Reference: National Institute of Dental and Craniofacial Research, Bruxism.