

Awake Bruxism and Covid 19. Diagnosis and Management Strategies. A Short Communication

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SHORT COMMUNICATION

Nowadays, bruxism is a topic of great interest for healthcare professionals, as our lifestyles have become hectic and stressful, even more so after the COVID-19 pandemic. These stressors are the main cause for repetitive and sustained clenching or contact of the teeth during waking hours that we define as awake bruxism.

The diagnosis of awake bruxism is mainly based on the patient's own ability to recognize it, in addition to an intraoral clinical examination in search of damage to the dental structure. It has presented as a greater challenge to diagnose than sleep bruxism, where we can objectify what the patient refers with polysomnography.

When we talk about treatment, it would be more appropriate to call it "management", which we should perform safely and effectively. To carry out this management, it is recommended to follow the therapeutic strategy known as "Multiple P". These are Pep-talks, Plates, Pills, Psychology and Physiotherapy.