



## Jaw Pain



### Overview

If your jaw is often sore or painful and you don't know why, you need to see your dentist. There are many reasons for this type of pain, and your dentist can help find what's wrong and correct it.

### Causes

Jaw pain can be linked to unconscious jaw clenching or teeth grinding. This can happen at night. It can also happen during the day when you are stressed or concentrating. Your jaw pain may be linked to a problem with one of the joints on each side of your jaw. We call these the "TMJ" joints. You can also have jaw pain because of issues like arthritis, sinus problems or infection. And, you may have jaw issues because of dental problems.

### Symptoms

Symptoms include pain and tenderness in one or both sides of your jaw. You may have pain in your face, ears or neck. It may be hard for you to chew. Your jaw may lock.

### Treatment

Treatment options depend on the cause of your jaw pain. Your dentist will examine your jaw, teeth and bite and create a care plan that's right for you.