Restoring Worn Teeth: Why Tooth Position Matters

By Dr. George Salem

Your front teeth may look shorter than they once did, yet still touch when you bite. This can make restoring worn teeth more complex than simply adding material to their edges. Before rebuilding their shape, we need to understand how they fit together and whether there is room for the restorations.

At Dr. George Salem and Associates, PC, Dr. Salem focuses on preserving natural teeth when possible. For patients with extensive wear, careful planning helps us address both the visible damage and the way the teeth function.



When Tooth Wear Becomes a Restorative Concern

Some wear is a normal part of years of chewing. More substantial wear may leave teeth shortened, flattened, chipped, or sensitive. A tooth that looks very worn does not necessarily need to be removed.

We consider which teeth are affected, how the wear developed, and whether it is progressing. Grinding and acidic exposure are among the factors we may investigate. Our article about what worn teeth can reveal about your bite explains several warning signs in more detail.

Why Shorter Teeth Do Not Always Create More Space

One important point from Dr. Salem's original explanation is that teeth may change position as they wear. This can affect the amount of space available to rebuild their lost length.

How Teeth Can Adapt to Wear

In some mouths, front teeth slowly lose height but continue erupting or moving enough to maintain contact with opposing teeth. Their edges become shorter while the upper and lower teeth still meet.

Dentists sometimes call this compensatory eruption. It does not happen the same way in every patient, but it helps explain why visible tooth wear does not always leave extra room for new dental material.

Why Adding Length Can Be Complicated

Imagine two worn front teeth that already touch when you close your mouth. Simply making both teeth longer could cause their new surfaces to interfere with your bite.

Dr. Salem evaluates tooth position, bite contacts, and the space needed for a proposed restoration. In certain cases, changing tooth position first may make it possible to rebuild lost structure while preserving more of the natural teeth.

What We Evaluate Before Rebuilding Worn Teeth

An effective plan starts with understanding the full bite, not picking a crown or veneer based on appearance alone. We consider the condition of the remaining teeth and how repairs would function together.

This evaluation may include:

- Remaining tooth structure and whether a conservative repair is appropriate
- Position of the upper and lower teeth and the space between them
- Areas of heavy contact during biting and chewing
- Missing back teeth that may affect the overall restorative plan
- Signs of ongoing wear that should be addressed during follow-up care

Not everyone needs extensive treatment. Some wear can be monitored, and smaller repairs may be enough in other cases. When damage affects several teeth, our restorative dentistry services offer options for a coordinated plan.

When Orthodontics May Come First

Moving teeth can sometimes create the space needed for restorations. This may reduce the need to remove additional healthy tooth structure solely to fit the planned dental work.

For suitable patients, orthodontic treatment might involve Invisalign clear aligners or braces. It is not required for everyone with worn teeth. We consider bite alignment, the gums and supporting bone, and the final restorative goal before recommending it.

Our team includes Dr. Shahrzad Khorashadi for orthodontic care. When tooth movement is appropriate, Dr. Salem coordinates the restorative plan with the orthodontic phase so the desired tooth shape and position are considered together.

Choosing Restorations That Fit the Plan

After evaluating tooth position and available space, we can determine how to rebuild damaged teeth. The options depend on the amount of remaining structure, the location of wear, and the forces the restorations will experience.

Dental bonding may repair smaller worn areas by adding tooth-colored material. Veneers or crowns may be appropriate when a different shape or level of coverage is needed. These choices are individual, and no material or restoration can guarantee a particular outcome.

If back teeth are missing, we also consider whether their replacement belongs in the treatment plan. Dental implants may be an option for eligible patients, but they are not a routine requirement for restoring worn teeth. Dr. Matthew D. Lann can be involved when periodontal or implant care is indicated.

Sequencing matters. We want each stage, from any needed tooth movement to the final restorations, to support the overall bite.

Protecting Teeth and Restorations After Treatment

Rebuilding teeth does not necessarily remove the conditions that caused them to wear. Depending on the findings, we may recommend preventive changes or a nightguard when grinding is an ongoing concern.

Regular dental examinations help us check for additional wear, changes in the bite, and problems with existing restorations. Dental work can require maintenance or repair over time, even when it is carefully planned.

Frequently Asked Questions About Worn Tooth Restoration

The right solution depends on your teeth, not just how short they appear. These questions explain some common treatment decisions.

Can Severely Worn Teeth Still Be Saved?

Sometimes. A tooth may be restorable even when a considerable amount of its original shape has been lost. We evaluate remaining tooth structure, cracks, decay, gum health, and how the tooth fits into your bite. Depending on the findings, care might involve monitoring, bonding, crowns, or a more extensive plan. Extraction is not automatically necessary simply because a tooth looks short.

Do I Need Invisalign Before Crowns or Veneers?

No, not everyone does. Orthodontics can help when tooth positions leave insufficient room for a proposed restoration, but other patients already have adequate space. We examine your bite and remaining teeth before recommending treatment. If moving teeth would be useful, we explain why that step comes before restorations, what it involves, and which alternatives may be reasonable.

Can I Restore Only My Worn Front Teeth?

Possibly, but the back teeth and overall bite should be evaluated first. Missing or damaged back teeth can affect how biting forces are distributed, which may matter for front-tooth restorations. A limited repair may be suitable for one patient, while another may benefit from addressing several teeth together. We discuss the findings so you understand the scope of the recommended care.

Discuss Restoring Worn Teeth in Braintree

Worn teeth do not automatically mean you have to lose them. An examination can help determine which teeth may be preserved, whether their positions need attention, and which restorative options fit your goals.

To discuss restoring worn teeth with Dr. George Salem and Associates, PC, call [lct_phone] or request an appointment with our Braintree dental team.