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Q No: 1

Para functional habits?

Ans: - ① Any Para functional habit like bruxism, clenching of teeth, nail biting, objects biting.

② If a parafunctional habit is verified or even strongly suspected the patient must be counseled regarding the effects of the habit and if necessary.

→ Treatment for the adverse habit should be instituted.

① Tongue thrusting.

→ Etiology

① Thumb sucking

② Nervous thrusting

③ Nasal congestion or obstruction.

④ large tonsils or adenoid.

⑤ large tongue - short lingual frenum.

⇒ ① Toothbrush trauma

② Mouth breathing

③ Chemical irritation.