

Cavities During Benzodiazepine Withdrawal

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1. Anecdotal Reports (Reddit & Forums)

- Bruxism and cracked teeth:

"Yes, I cracked two of my back molars straight through from paws clenching."

Jaw clenching/grinding during withdrawal often leads to tooth fractures and cavities.

- Dry mouth and dental decay:

"It's like I have root pain... the mouth dryness at 15 mg is insane. I wouldn't be surprised if it's contributing to the tooth issues."

Severe xerostomia (dry mouth) can accelerate cavity formation.

2. Clinical and Medical Observations

- Dry mouth is a documented symptom:

Benzodiazepine withdrawal commonly causes dry mouth.

- Dental caries listed as a withdrawal-related symptom:

Benzoinfo specifically cites dental caries as part of the benzodiazepine withdrawal symptom spectrum.

How Cavities Develop During Withdrawal

1. Xerostomia (dry mouth)

Reduced saliva diminishes enamel protection and increases decay risk.

2. Bruxism (jaw clenching/grinding)

Fractures and enamel erosion expose teeth to cavities.

3. Neglected Oral Hygiene

Fatigue, mood issues, and anxiety may reduce care routines.

4. Acid Reflux

Common during withdrawal, reflux erodes enamel, making cavities more likely.

Summary

- Yes, people report developing cavities during benzodiazepine withdrawal.
- This is primarily linked to dry mouth and bruxism, exacerbated by lowered oral hygiene and acid reflux.
- Although no formal prevalence data exists, the consistent anecdotal and clinical references support a genuine risk.

This PDF includes:

- Key sources and quotes
- Mechanisms behind cavities during withdrawal
- Practical tips and guidance for dental care