

Recommendations for patients having Jaw Pain

Temporal Mandibular Joints (TMJ) Disorder

Successful treatment of your (TMJ) or associated muscular symptoms depends, largely upon the way you treat the involved areas. Following the instructions below will help you to manage your symptoms and aid the healing process.

- 1. Soft Diet, Do not chew gum.**
- 2. Chew on the opposite side of the effected joint.**
- 3. Limit bite size; only put food in your mouth with a fork.**
- 4. Use moist heat**
- 5. Take Advil, Motrin or Ibuprofen for _____.**
- 6. Wear your night guard.**
- 7. Do not bite your fingernails, chew on pencils or pens, bite your cheeks or lips, etc.**