

Temporomandibular Joint Disorders (TMD)



Home Care Instructions

1. Sleeping:

Avoid sleeping on jaw. Sleep on your back; this is the best position to enable your jaw muscles to relax. A small pillow or rolled towel under the neck and knees can help support these areas and prevent you from turning.

2. Heat & Exercise:

Heat the affected areas with hot towel or heating pad for ____ minutes, followed by ____ minutes of exercise; ____ times per day (before eating)

3. Eating:

Avoid any biting with front teeth. Avoid all chewy foods (a softer diet is recommended.) Also limit your intake of sugar and caffeine, as they are stimulants.

4. Habits

Avoid protruding (forward movement of lower jaw) and keep muscles relaxed. Avoid clenching or grinding your teeth.

Remember:

“Lips together and teeth apart.”

5. Medication

If prescribed, take medication as directed. Call if you experience any unusual side effects.
(Ibuprofen 600-800 mg every 6 hours)

6. Changes

Report any adverse changes in your symptoms to our office as soon as possible
Early treatment is often the most successful.

The time it takes to gain comfort and success in your treatment will depend, in large part, upon the way you follow the above instructions.