

Home Care Instructions – Temporomandibular Joint Disorder and Nightguard Care

These instructions are meant to help answer any questions you may have after treatment is over. They are not meant to guarantee prevention of complications or pain after treatment. These are general guidelines that should be closely adhered to unless otherwise notified by your doctor.

1. Limit diet to soft foods only. Avoid chewing gum, ice, sticky foods, and any parafunctional habits (i.e. nail biting, pen chewing, etc.)
2. Limit range of motion of the jaw. Try to avoid opening your jaw open wide like yawning, yelling, etc.
3. Moist heat can be applied to the jaw joint and muscles to help relieve pain.
4. Take analgesics such as Ibuprofen, Aleve, or Tylenol as need for discomfort and directed by your primary care provider.
5. Practice stress reduction to help avoid subconsciously clenching and grinding your teeth.
6. Wear your prescribed ThermalFit night guard as instructed by your doctor
 - a. Before wearing your guard at night, rinse under warm water for 10-20 seconds then seat in your mouth (do NOT use excessively HOT water or boiling water with nightguard).
 - b. In the morning, remove nightguard and brush teeth. Then brush nightguard to remove plaque. Do NOT use whitening toothpastes to clean your nightguard. You can also clean your nightguard with any antibacterial soap. DO NOT put your nightguard in the dishwasher!
 - c. When not using your nightguard, store it in the protective case provided and keep away from any pets, animals, or children that may have access to it.
 - d. Call the office if your nightguard is not fitting appropriately or is causing pain in your joint or teeth.

Feel free to call with any questions or concerns. A member of our team would be more than happy to address your needs. **PHONE #: 314-638-2121**