

Home Care Instructions – Temporomandibular Joint Disorder (TMJ, TMD)

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.
5. Practice stress reduction to help avoid subconsciously clenching and grinding your teeth.
6. Wear your prescribed night guard as instructed by your doctor.

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**