Chastain
DENTAL STUDIO

ACUTE TMD DIRECTIONS

If you're experiencing a deep, continuous pain in the TMJ area or feel that your back teeth aren't closing together properly, follow these directions to help alleviate your symptoms and promote healing:

1. Minimize Jaw Movement

- Keep jaw movement to a pain-free range.
- Avoid opening your mouth too wide (e.g., when yawning) or moving it aggressively from side to side.
- Refrain from moving your jaw into positions that cause discomfort.

2. Follow a Soft Diet

- Stick to soft, easy-to-eat foods like soups, mashed potatoes, yogurt, and milkshakes.
- Avoid hard or chewy foods such as gum, ice, jerky, and crunchy snacks, as these can strain your jaw.

3. Take Prescribed Medications

- Follow the medication instructions provided by your doctor.
- **Advil (ibuprofen)** is an excellent anti-inflammatory that can help reduce pain and swelling.

4. Apply Moist Heat

- Use a warm, moist compress on the affected area for **15-20 minutes, 4-6 times per day** to relax muscles and ease discomfort.

5. Avoid Unnecessary Strain

- Be mindful of activities that place extra pressure on your jaw, such as chewing tough or sticky foods.

By following these instructions, your jaw and bite should feel better within a few days. If your discomfort persists or worsens, please call our office so we can assist you further. We're here to help you feel better!