

WHAT YOU CAN DO TO HELP YOUR TMJ SYMPTOMS

There are some things that patients can do to help relieve your TMJ symptoms while waiting for appliance therapy to help control your symptoms and alleviate your pain. Here are some suggestions that many patients find beneficial.

1. Soft diet with no gum, hard candy, beef jerky, tough steak, ice chewing, etc.
2. Cold packs alternating with moist heat or a heating pad applied to area two times a day for 20 minutes, as needed.
3. Anti-inflammatory medications, such as Advil or Aleve (if you are able to take such medications), as directed to control inflammation and discomfort. Initial dose of 600 mg Advil every 6-8 hours for 5 days.
4. Controlled minimal mouth opening – for example any wide yawning motions should be consciously controlled so as not to stress the joint.
5. Be aware if you find your teeth together. There are only two times your teeth should be touching 1). When chewing food and 2). When swallowing. If you find that your teeth are together during the day or night, this puts loading forces on the TM joints and can help create muscle spasms and aggravate inflammation within the TM joint.
6. Review the tape you were given.
7. Physical therapy by a practitioner schooled in TM dysfunction and treatment. Call Christie at 713-932-0441 ext #116 for information regarding a therapist near you.

Understanding the nature of TMJ problems is sometimes half of the battle in helping to resolve the symptoms. Some patients can self resolve their symptoms just by the awareness and education regarding the problems and causation of TMJ disorders. More information and website links are available online at www.memorialtmjclinic.com.

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