



ACUTE TMJ AND FACIAL PAIN SYMPTOMATIC CARE

Soft Diet

During the initial phase of treatment, particularly if the symptoms are acute, stay on a definite soft diet. When the symptoms start to improve, you may start to eat more substantial foods, cut into bite-size pieces. Use care to not open your mouth wider than the thickness of your thumb. Do not eat hard crusts of bread, tough meat, raw vegetables, gum, or any other food that requires prolonged chewing.

Medications

Aspirin and ibuprofen are the drugs of choice for reducing inflammation. Take them as recommended. Stronger pain medications or muscle relaxants may be prescribed for a short term.

Moist Heat

Heat must be applied moist; moist heating pads are available for purchase at most pharmacies. As a cost-effective alternative, dip a small towel in hot water or heat a moist towel in a microwave. Apply it to the affected site for 15 minutes three times per day.

Lips Together-Teeth Apart

One of the most important steps in breaking the habit of clenching and/or grinding is to learn to keep the teeth apart. You must make a conscious effort to separate the teeth at the same time your lips are together. When you catch yourself clenching, repeat to yourself, "Lips together, teeth apart." The only time your teeth should contact is during chewing and swallowing. This simple step will relax the muscles that become tense and taught, as well as permitting a more normal positioning of the jaw joints.

Raymond C Hahn, DDS, Inc
311 California Street, Ste 450
San Francisco, CA 94104
patients@fididental.com
415.433.1970
fax 415.433.0469