

TMD

Temporomandibular Disorder

1. Have a nightguard or NTI device made for grinding if you wake up in the morning with jaw pain or headache.
2. Ibuprofen every 4-6 hours for 3-5 days to break pain cycle (Advil or Motrin 200mg). you can take anywhere from 200-600 mg a dose but be sure to take with food.
3. Avoid hard foods; Gum; Grinding teeth during the day; clenching.
4. Massage
5. Warm compresses/cool compresses.
6. Don't open mouth too wide.
7. Do stretching exercises of jaw if comfortable.
8. May need muscle relaxer medication temporarily.
9. Have all wisdom teeth removed.
10. Have all decay filled.
11. Replace missing teeth (**except wisdom teeth**).
12. Call if you have any questions or concerns.

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