

## Instructions for acute TMJ (Temporomandibular Joint) pain relief

1. For first 24-48 hours apply ice packs to affected joint to reduce swelling. After this time, use heat to increase circulation which will promote healing and reduce swelling. Place hot, moist towel on the side the face which has tension or pain. Place the towel from the temple to the jaw. Hold until the skin is uncomfortably hot. Then cool, rubbing the skin several times with an ice cube. Immediately reapply hot towel in the same manner. Repeat several times per day. A microwave oven is useful for heating the towel.
2. Take ibuprofen as needed to control pain and reduce inflammation. The dosage should be 1600-2400 mg. per day taken over a 24 hour period for 6-7 days. Take with food. To control inflammation it is important to take a level dosage for this amount of time, even if the pain is gone.
3. Eat a soft diet.
4. Avoid caffeine. Limit sugar and white flour intake. Eat nutritious diet (whole grains, vegetables, fruit, etc.).
5. Exercise regularly within your limits of physical ability. Do not clench while exercising.
6. If there is pain in the joints, sleep on your back. Use 2 pillows under your knees if necessary to maintain position.
7. Time to yourself. Twenty minutes two times per day is recommended.

These are guidelines. You will have to use your judgment to find which are most effective for you.