

TEMPOROMANDIBULAR JOINT/MUSCLE DYSFUNCTION

We have initiated treatment of your temporomandibular joint/muscle dysfunction. Our success will depend in large part upon the way you treat these injured areas. The following instructions will greatly enhance the correction and healing of this area;

1. For the next few months, be sure to cut all foods into small, bite-size pieces and try to avoid opening your mouth any wider than the thickness of your thumb.
2. Do not eat hard crusts of bread, ice, tough meat, raw vegetables, hard candy or any other food that will require prolonged chewing.
3. Avoid chewing gum during this period.
4. Be sure not to protrude your jaw, as you must do when biting off a piece of thread.
5. Do not bite any food with your front teeth.
6. If you wear lipstick, do not bring your jaw forward when applying it.
7. Avoid protruding your jaw during any other activities: for example, smoking, conversation, ect.
8. Make every effort not to strain your joint ligaments unnecessarily. Avoid opening your mouth wide when eating, yawning, ect.
9. Should you find yourself clenching your teeth together, try to remember to keep your lips together and your teeth apart.
10. Apply moist heat to affected joint at least twice a day for five to ten minutes.

These few simple rules can easily allow you to modify your diet and to avoid such jaw movements that might re-injure your joints, muscles or ligaments.

If you have questions or concerns please call our office: 775.237.2038