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For the smiles of your life.

INSTRUCTIONS FOR TMJ PAIN/DYSFUNCTION

Do's

- Take mild analgesics if desired
- Chew soft foods
- Use hot or cold compresses
- Wear dental appliances if instructed to do so
- Make use of massage therapies
- Do exercises regularly if they have been prescribed for you
- You may take muscle relaxants or sleep aids if prescribed
- Ask questions if you do not understand what is happening

Don'ts

- Open wide or yawn
- Eat apples, hoagies or other foods that are very tough or hard to chew or require you to open wide
- Chew gum
- Grind or clench your teeth (Rule: lips together; teeth apart!)
- Ignore this problem - it will only get worse!