

## **Temporal Mandibular Joint (TMJ) Instructions**

1. Soft diet for two weeks. Avoid any chewy food (i.e., raw vegetables, rare meat).
2. No gum chewing
3. Avoid tensing jaws or grinding on teeth. Avoid “popping: the ear by manipulating (opening and closing) the jaw; this is actually causing TMJ popping and not clearing the eustachian tubes, and thus may be trading one problem for another. This can lead to ear fullness, sometimes ear pain, sometimes distorted hearing.
4. Warm compress to the TMJ area just in front of the ear.
5. Massage the TMJ area (area just in front of the ear).
6. Anti-inflammatory medication such as ibuprofen (i.e., Motrin, Advil) or naproxen (i.e., Aleve) as needed for pain or discomfort (if these medications are not contraindicated for you). Alternatively, you may take these daily for 1-2 weeks to alleviate any inflammation around the TMJ.
7. Also, make an appointment with you DENTIST to check for any wear-facets on your teeth. If problems are noticed, then he or she may need to create a mouth appliance to cover your teeth to prevent teeth grinding. This also helps to alleviate problems with the TMJ and prevent future dental problems as well.