



# Carolina Aesthetic Dentistry

## TMJ Pain Home Care Instructions

**If you have any questions about these instructions, do not hesitate to ask or call our office.**

- It is *most important* you avoid sleeping on your jaw. Back sleeping is the best sleeping position to allow your jaw to relax. A small pillow or rolled-up towel used to support the neck curvature is optional, but may be helpful. You will probably find it necessary to elevate your knees with a large pillow to reduce any back discomfort.
- Apply moist heat with a hot towel or warm-wet compress to the affected side at least twice each day for approximately 20 minutes and more often if possible.
- Avoid chewy foods and avoid biting anything with your front teeth. A soft diet is recommended.
- Limit the intake of sugar and caffeine as both are stimulants to the nervous system.
- If prescribed, take medication as directed.
- Avoid clenching your teeth as much as possible.
- Use the "leaf gauge principle" to manage acute episodes of painful muscle spasms and to manage your clicking and popping joints.

**THE TIME NEEDED TO GAIN COMFORT AND ACHIEVE TREATMENT SUCCESS WILL DEPEND, IN LARGE PART, UPON YOUR FOLLOWING THESE INSTRUCTIONS CAREFULLY!**