



Helpful hints for TMJ (Temporomandibular Joint) Disorders

1. Avoid eating anything sticky, crunchy, hard or chewy.
Example: pizza crust, ice, chewing gum, caramel, popcorn, etc.
2. Use warm moist heat for 10 minutes at a time every 2 hours. This can be a heating pad, microwave gel pack, or simply a wash cloth soaked in hot water and wrung out. This will feel good but **DO NOT LEAVE ON LONGER THAN 10 MINUTES!**
3. Take Advil or anything over the counter that contains ibuprofen. Take 2 tablets to start and then 1 tablet every 6 hours even if pain goes away. Continue taking it for 5 days. This will help to break the cycle of inflammation.