

## Self-Care for Acute TMJ Disorder

There are many reasons for the onset of acute, short-term TMJ pain. The good news is that it is generally self-limiting and can be minimized or eradicated with these at-home instructions. Please follow the instructions for 5 days; however, full healing may take 10-20 days. Return to the office if symptoms have not improved after 10 days.

1. Soft Diet: eggs, noodles, rice, yogurt. Avoid hard (nuts, raw vegetables) chewy (steak, bagels, gum) and food that requires you to open wide (hoagies).
2. Heat/Cold Pressure: Alternate hot-cold-hot for 5-minute intervals, 4-5 times daily. This can simply be done using wash towels and tap water.
3. Follow the links below for exercises to be done immediately after the compressions, 2 times a day.

[https://www.youtube.com/watch?v=EM18snVgV\\_c](https://www.youtube.com/watch?v=EM18snVgV_c)

<https://www.youtube.com/watch?v=MS4O2dbCJc8>

4. Take over-the-counter NSAID medication like Advil, 3 tablets (600mg) 4 times a day. Continue this for 4-5 days. This is the maximum effective dose to reduce inflammation and should be taken regardless of the level of discomfort.
5. Try to reduce stress. Be aware of clenching and grinding. Pause for 10-15 minutes to reset.
6. Get proper sleep.

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