



Treatment of Acute Tempromandibular Dysfunction Also known as “TMD” or “TMJ”

Use the following steps for 10 days to help treat acute symptoms related to temporomandibular dysfunction or TMJ “flare-ups”.

1. **Warm Moist Heat** applied directly on jaw joints (TMJ) and jaw muscles for 20-minute intervals at least twice per day (but you can do this as much as you want to help relieve tension).
2. Take **10 mg of Flexeril** (prescribed by dentist) at night before bed. For severe muscular related TMD, the doctor may recommend you take another 10 mg in the morning.
3. Take **600-800 mg of ibuprofen** (Advil, Motrin, etc.) 2-3 times per day. It is best to take it first thing in the morning, after lunch and before bed. Do not exceed 3200 mg of ibuprofen in 24 hours. Consult with your physician if you have any stomach or GI problems or have had a recent heart surgery or bleeding issue.
4. **Soft Diet.** No chewing ice, gum, tough meats, whole nuts, etc. Stick to soft foods for the 10 days and chew slowly.
5. Wear your **night guard** every night.
6. **Gentle massage** of the jaw joint and surrounding muscles for 5-minute intervals. The areas that feel tender when massaged are the muscles you want to target. Press gently but firmly, using circular motion to rub the muscles.

If your symptoms do not improve after 10 days or if you have any questions, please call us for an appointment. We may decide to refer you to a specialist for further evaluation.

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