

### TMJ Conservative Treatment Recommendations

In general, a self-care protocol such as good posture, soft diet, and keeping your teeth apart is recommended.

#### **Soft Diet**

- Eat softer foods
- Cut up food into smaller bites – avoid opening wide and taking large bites of food
- Avoid foods that are tough or thick where you have to work hard to chew them. For example, thick breads, tough meats (steak), etc.
- Avoid gum chewing

#### **Non-Steroidal Anti-Inflammatory Medications (NSAIDs)**

- Examples of these are Ibuprofen (Advil or Motrin) or Naproxen (Aleve)
- Tylenol is a pain reliever but not an anti-inflammatory medication so it should be avoided unless you have an allergy to the above medications
- Take as needed for any discomfort
- Follow the recommendations for timing and dosage on the package so that you do not take more than the recommended amount and cause an unwanted side effect.
- Take with food since NSAIDs can be irritating to your stomach

#### **Moist Heat**

- Take a moist cloth/towel and heat in the microwave
- Place the cloth on the affected area but be careful that it's not too hot so you do not burn yourself.
- This acts like a heating pad to stimulate blood flow of the affected muscles

#### **The “No” Tongue Posture Position – for clenching**

- Place your tongue against the roof of your mouth like you are saying the word “No”.
- Try to think about this and maintain this position when just resting.
- This will keep your mouth open and avoid the habit of clenching