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HOMECARE FOR TEMPOROMANDIBULAR JOINT DYSFUNCTION (TMD)

1. **Medication:** Take 600 mg of ibuprofen three times a day (about every 6 hours). Common brand names include Motrin, Advil, Mediprin, and Nuprin. These tablets usually are 200 mg each. Therefore, take three tablets three times a day for one to two weeks. Drink plenty of water with the medication.
2. **Warm, moist heat:** Warm, moist heat compresses relieve muscle soreness. Use a warm water bottle, or wrap a dry washcloth around a hot washcloth. Place bottle or compress over your jaw and cheek for 20 minutes. Remove for 20 minutes, then repeat as much as possible.
3. **Soft food diet:** Try to avoid any chewy or tough textured foods as this will fatigue your jaw muscles. Eat soft foods for a few days. Avoid gum chewing.
4. **Avoid opening your mouth wide:** Avoid any thick sandwiches, or foods that you must open your mouth very wide to eat. Also be careful when yawning. Place a fist underneath your chin while you yawn.
5. **Bruxism:** If you grind or clench your teeth, and you own a nightguard, wear it! If you don't own a nightguard, consider getting one.

And, always feel free to call me or any of the doctors on staff at the office.
