



TMJ at home treatment options

- **Moist heat- use a hand towel soaked in hot (not scalding) water; wring out excess and drape around neck to loosen tension on the neck muscles which attach to the TMJ**
- **Consider a buckwheat heated pillow tube to warm and drape across neck**
- **NSAIDS like Advil can be used as directed if needed**
- **Soft diet for 72 hours (nothing harder than a cooked pasta noodle)**
- **Avoid bagels, steak, pizza and other foods of similar texture that put strain on TMJ**
- **If you wear a mouthguard during sleep please continue to wear it; or contact us if it is problematic to you**
- **If you use a CPAP contact your physician as the mask may need to be adjusted**
- **If symptoms progress or worsen, please let us know. Your primary care physician or I can refer you for physical therapy if warranted.**
- **Other treatments that can help include massage therapy; orthodontics; and Botox.**