

TEMPOROMANDIBULAR JOINT DYSFUNCTION HOME CARE INSTRUCTIONS

“What you can do for yourself may be more important than what we can do for you.”

CONTROL MUSCLE ABUSE

- **AVOID SLEEPING ON YOUR JAW**
 - Try a cervical pillow
- **USE YOUR APPLIANCE AS DIRECTED**
 - Clean daily with toothbrush and/or denture cleanser every time you sleep
 - Store in water when not worn
 - 24 hours a day
 - Remove only to clean
- **AVOID CHEWY FOODS**
 - Ice, raw vegetables, hard crusted bread, apples and large sandwiches
- **AVOID CLENCHING YOUR TEETH**
 - “Lips together, teeth apart”
- **AVOID STRENUOUS EXERCISE**
- **DO NOT OPEN TOO WIDE**
- **LIMIT INTAKE OF SUGAR AND CAFFEINE**
 - Healthy diet, adequate sleeps, and exercise
- **APPLY MOIST HEAT/MASSAGE**
 - Hot towel or hydroculator 20 minutes at a time at least twice a day.
- **TAKE MEDICATION AS PRESCRIBED**
 - *Aspirin*
 - *Tylenol*
 - *Ibuprofen*
 - *Other*
- **DO SOMETHING ENJOYABLE**