



Brown &
Chmielarski
Cosmetic
Restorative
Dentistry

TMJ Homecare Instructions

Control Muscle Abuse

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

- Avoid sleeping on your jaw.
 - Try a cervical pillow.
- Use your appliance as directed. Clean daily with a toothbrush and/or denture cleanser.
- Avoid chewy foods such as 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. Have a healthy diet, adequate sleep and exercise.
- Apply moist heat/massage.
 - Hot towel 20 minutes at a time at least twice a day.
- Take medication as prescribed.
 - If medication was prescribed, take as directed. Advil, Motrin, Ibuprofen or Tylenol tablets may be taken with water every 4-6 hours if other medication has not been prescribed. Do not take any medication on an empty stomach.

If you have any questions, concerns or experience added discomfort, please call our office (386) 677-1046.

(386) 677-1046
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