

## **INSTRUCTIONS FOR T.M.J.**

1. Chewy or sticky foods (e.g. bagels, steak, gum, etc.) should be avoided.
2. Wide opening or clenching of the jaw should be avoided.
3. Ice should be applied to each side of the jaw, 10 minutes at a time, twice daily.
4. Anti-inflammatory pain reliever should be taken at bedtime as instructed by the doctor.
5. An aqualizer or nightguard should be worn while sleeping.
6. Elastics and/or headgear should be discontinued until otherwise instructed by the doctor.
7. If symptoms continue, a consultation with a physical therapist may be recommended.