



legacy smiles

Excellence Is Our Only Standard!

**Instructions for Patients with  
TEMPOMANDIBULAR JOINT DISORDER OR MYOFACIAL  
Pain Dysfunctional Syndrome**

1. Jaw Posture - Lips lightly touching, teeth apart
  2. Avoid chewing gum
  3. Stick to a soft diet
  4. Apply moist heat for 20 minutes, 3 times a day. (Hot, wet towel in a plastic bag unsealed, in microwave for a minute.) Many professionals now recommend the use of alternating ice and heat.
  5. Take Ibuprofen 800 mg. every 4-6 hours for up to two weeks
  6. Sleep on your back
  7. Limit stimulants and alcohol
  8. Try to be aware of teeth clenching throughout the day, especially in stressful situations.
  9. Find ways or alternatives to help you reduce stress.
  10. If symptoms persist, please contact us at the office for an evaluation. If you are clenching and grinding at night, you may benefit from a night guard. Our office can give you more information regarding the night guard and its benefits.
- Referral to a physical therapist is an option we will use if the above suggestions aren't successful.



**(406) 248-2669**  
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