

TEMPOROMANDIBULAR JOINT SYNDROME (TMJ)

The temporomandibular joint is the “jaw joint” located in front of either ear. Like other joints in one’s body, the TMJ can become inflamed and ache. The pain often radiates to the ear, side of the head, temporal area, or to the upper neck. The following measures can often help alleviate this discomfort.

- No gum chewing
- Avoid foods that require vigorous chewing
- Apply warm moist heat to the painful TMJ area and rest the TMJs by limiting talking and chewing
- Make a mental note of the activities surrounding the painful episodes. Stress and tension are often directly related to the painful episodes (due to biting down, clenching, or grinding the teeth).
- Take an over-the-counter anti-inflammatory/pain relieving medication such as Aspirin, Advil, or Nuprin (provided you are not allergic to these medications and they do not irritate your stomach).
- If you wear dentures, remove them at night. If they do not fit well, see your dentist and have them refitted.

85% of TMJ Dysfunction resolves on its own with time. If after trying all of the above measures your pain persists, please call our office to schedule a follow-up visit as further workup may be indicated to rule out other possible causes.