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TMD/OROFACIAL PAIN HOME CARE

Modify Your Diet:

Try to eat soft foods such as casseroles, soup, and yogurt. Avoid eating hard or chewy foods such as raw carrots, bagels and steak. Do not chew gum. Cut your food into small pieces to avoid straining your muscles.

Don't Open Wide:

Avoid yawning, yelling, singing, long dental appointments and opening wide to eat.

Use Hot Or Cold Packs:

Apply moist heat, ice, or a combination of the two to the painful area(s). Start with heat, but if that increases your pain, use the combination or ice alone.

Moist heat is generally used for continuing long-term discomfort. Use a hot, wet towel, moist heating pad for 20 minutes, two to four times-a-day.

Ice is usually recommended immediately following an injury. Apply ice wrapped in a thin washcloth to the painful area for about 10 minutes, then lightly brush the area with an ice cube wrapped in a washcloth. Repeat this sequence four times.

Relax Your Jaw Muscles:

Try not to tense your jaw or clench your teeth. Practice placing your tongue lightly against the roof of your mouth behind your upper front teeth and repeat to yourself "lips together, teeth apart."

Maintain Good Posture:

Maintaining proper head, neck, and back posture at all times will also help to relax your jaw and neck muscles. Do not cradle the phone against your shoulder.

Avoid Caffeine:

Caffeine may increase tension in your muscles. Decrease your intake of coffee, tea, most sodas, and chocolate.

Improve Your Sleep:

Try to get enough sleep. Avoid sleeping on your stomach or in other positions that can strain your jaw or neck muscles.