



## Management Tips for TMJ and Myofascial Pain

### **Heat**

Apply moist heat to the painful areas for 20 minutes two to four times each day

### **Rest your jaw**

Keep your teeth apart and practice good practice. Try placing your tongue lightly on the top of your mouth behind your upper front teeth, allowing the teeth to come apart and relaxing the jaw muscles.

### **Soft foods**

Limit your diet to a strict non chewing diet until the pain has improved. Avoid chewing gum or eating hard or chewy foods. Try to chew on both sides of your mouth to reduce the strain on one side.

### **Watch your habits**

Avoid gum chewing, tensing the jaw, clenching and grinding of teeth, resting the teeth together, biting your cheeks or lips. Avoid activities that involve opening the jaw wide.

### **Sleep**

Avoid sleeping on your stomach. Sleeping should be on your back. If you are sleeping on your back, jaw and neck should be aligned.

### **Avoid caffeine**

Caffeine stimulates the muscles to contract and become tenser. Try to limit daily caffeine intake. This includes: Coffee, tea, most sodas, chocolate.

### **Medication**

Medication like Aleve, Tylenol, Ibuprofen, and Aspirin can reduce joint and muscle pain. Avoid medication such as Excedrin and Anacin as they contain caffeine.

**Lee Kleiman, MD, FACS | Robert Meek, III, MD | Brandon Wachal, MD  
Valleri Weyant, PA-C | Tricia Sol PA-C | Heather Langford, MA, CCC-SLP**

600 Ridgely Avenue • Suite 110 • Annapolis, MD 21401  
621 Ridgely Ave • Suite 401 • Annapolis, MD 21401  
479 Jumpers Hole Road • Suite 304 • Severna Park, MD 21146  
410-573-9191 • [aaentmd.com](http://aaentmd.com)