



HEART OF THE BRAZOS

ORAL & FACIAL SURGERY

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TMJ/Myofacial Pain

1. Take medications as prescribed.
2. Find ways to reduce stressors (exercise, counseling, lifestyle changes, etc.)
3. Use a hard acrylic night guard while sleeping. This helps reduce grinding while sleeping and can be made by your general dentist.
4. Switch to a soft, non-chew diet. Do not eat foods that require chewing. Some examples of acceptable foods are soups, mashed potatoes, scrambled eggs and baked fish.
5. Apply a warm compress to area(s) and rub areas to increase circulation.