

Our Top TMJ Tips



Rest your mouth and jaw as much as possible.

- **Eat soft, mushy foods.** We like smoothies, yogurt, scrambled eggs, pancakes, beans, soft chicken or tofu, cooked veggies, soups, pasta, dumplings, gnocchi, rice, quinoa, and potatoes.
- **Avoid chewy, hard foods.** Examples of foods not to eat include things like bagels, pizza, carrots, nuts, and seeds.
- When talking on the phone, **don't cradle the phone between your chin and shoulder**; hold it with your hand instead.
- If you play a **musical instrument** that uses your mouth or jaw (like the violin, clarinet, flute, etc.), minimize play time. The same applies for singers.



Medications can help manage the discomfort of TMJ.


Use **anti-inflammatory painkiller** every day for **4 to 5 days consistently**

- Our top recommendation is 1 or 2 **Advil**, taken 4 times every day, in consistent doses regardless of pain
- If for some reason you can't take ibuprofen, you may use **Aleve** instead. Take an initial dose of 2 tablets, then 1 one tablet every 8 to 12 hours for 4 or 5 days consistently regardless of pain.
- If for some reason, you can't take Advil or Aleve, you may use aspirin or **Tylenol**. Take in consistent doses 4 times a day for 4 to 5 days
- If we've provided a prescription painkiller or muscle relaxer, please take as directed.



Apply moist heat or cold to the side of your face that's in pain for relief.

- Heat from a heat pack or a hot water bottle wrapped in a warm, moist towel can help improve function and reduce pain. Even letting the warm water from the shower run on your face will help stretch and relax your muscles. Be careful to avoid burning yourself when using heat!
- Ice packs can decrease inflammation and also numb pain and promote healing. Keep the pack wrapped in a clean cloth while you are using it, instead of putting it directly on your skin. Do not use an ice pack for more than 15 minutes at a time.

 **We're here for you!** Don't hesitate to call us anytime you have questions or problems concerning your post-operative care. Our telephone number is (415) 564-6170. We have a 24 hour-a-day, 7 day-a-week answering service. If the office is closed they will have one of the doctors return your call.