

## Temporomandibular Disorder

Home care instructions for mild to moderate TMD (Temporomandibular disorder)

- Do not eat hard, crunchy or very chewy foods such as bagels, nuts, and gum for \_(Smiles will Provide)\_ days
- Avoid hyperextension of the jaw. For example try to stifle yawning or opening too wide to eat.
- Apply warm heat compresses several times a day for 20 minute durations to the jaw muscle
- Take two, 200 mg of anti-inflammatory medications like Ibuprofen every four to six hours for \_(Smiles will Provide)\_ days
- Massage your jaw muscles as demonstrated by Dr. Parizadeh or Dr. Hsu several times a day
- Use the isometric exercise demonstrated by Dr. Parizadeh or Dr. Hsu several times daily.
- If symptoms persist or get worse, call the office immediately to schedule for an orthotic/bite guard consultation at 410.730.7485