

General Considerations in the treatment of temporomandibular disorders

Supportive therapy may help reduce symptoms and related pain but it is important to note that it does not provide long term treatment of TM disorders.

Below are some suggestions in helping to manage TM disorder symptoms:

- **IBUPROFEN (Advil, Motrin): DO NOT USE IF ALLERGIC TO ASPRIN OR IF YOU ARE A SEVERE ASTHMATIC.**
 - We recommend two tablets (400mg) every four hours. Ibuprofen is an excellent anti-inflammatory and a good pain reducer. Do not exceed 3200mg (maximum adult dose) in one 24 hour period.

- Apply moist heat pads to the area for 10-15 minutes.
 - Moist hot towel
 - Hot water bottle wrapped in a towel
 - Commercial moist heat wraps
 - Electric heating pads – care must be taken not to leave unattended

- Apply ice to the affected area and rub in a circular motion for no longer than 5-7 minutes. A tingly sensation is normal and ice should be removed. Let area warm and repeat.

- Place the thumb on the chin. With the other hand's fingertips, perform massage on the masticatory muscles underneath, stretching for 5 to 7 minutes. If pain is increased, it should be stopped immediately.

- Place your thumb on the inside of your cheek next to your last molar area and exert downward force.

- Simple muscle stretching can help reestablish normal length and function.

- Practice opening on a straight pathway in front of a mirror. You may also use your fingers to help apply pressure when opening. Open against the resistance provided by your fist. Place your fist underneath the chin and open your mouth against this resistance. This will promote relaxation in the muscle and increase opening.

t: 403.281.4264

f: 403.281.9365

e: info@westpeaksdentalsuite.ca

58, 2580 Southland Drive S W Calgary, AB T2V 4J8

westpeaksdentalsuite.ca