

Our Top TMJ Tips

Rest:

- Rest your mouth and jaw as much as possible.
- Eat soft, mushy foods. We suggest 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 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:

- Medications can help manage the discomfort of TMJ.
- Use an anti-inflammatory painkiller consistently every day for 4 to 5 days.
- 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 tablet every 8 to 12 hours for 4 to 5 days consistently regardless of pain.
- If you can't take Advil or Aleve, you may use aspirin or Tylenol. Take consistent doses 4 times a day for 4 to 5 days.
- If we've provided a prescription painkiller or muscle relaxer, please take it as directed.

Hot/Cold Therapy:

- Apply moist heat or cold to the side of your face that's in pain for relief.
- Heat from a warm 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 not to burn yourself when using heat!
- Ice packs can decrease inflammation, numb pain, and promote healing. Keep the pack wrapped in a clean cloth, 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. Please don't hesitate to call the office if you have any questions or concerns regarding your post-operative care. The telephone number is (212) 579-8885 and we're available seven days a week.