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TMJ GUIDELINES

Use either moist heat or ice packs to the temporomandibular joint region as needed.

Avoid grinding your teeth, clenching your jaws, or opening your mouth widely. To the extent possible, keep your teeth slightly apart except when swallowing or chewing. One rule to remember is “lips together, teeth apart.”

Avoid hard foods. Try to maintain a soft (not liquid) diet. Avoid chewing gum or ice.

Try to sleep on your back with a pillow under your knees if necessary. Do not sleep on your stomach.

Should these measures not lead to significant improvement, consider a trial of anti-inflammatory medications such as ibuprofen for two to three weeks if tolerated. The recommended dose for adults is 200mg tablets taken with three tablets four times per day or four tablets three times per day following meals (*i.e.* a “daily dozen”). The goal is to reduce the inflammation and secondarily the discomfort.

Should you continue to have symptoms beyond this, we recommend you consult with your dentist for a possible bite splint. If still having problems, we would recommend you to Dr Jack Walz with the TMJ and Facial Pain Center in Normal, Illinois, phone number (309) 452-5180.

This can become a chronic problem and is important to treat appropriately. If you are not having satisfactory results with the above noted information, we would like to see you back in the clinic to further evaluate. Please do not hesitate to contact us with further questions.