

NORTH CANYON DENTISTRY

MYOFACIAL PAIN/ TMJ REGIMEN

As may have been previously discussed with you, the term “TMJ-Syndrome” is a broad spectrum of conditions that include a wide range of treatment modalities. These conditions can involve soft structures such as muscles, ligaments, and cartilage and even include damage to bone and teeth. Please note that the range of treatment is usually customized to address the specific needs of each individual and may involve a team approach that involves other specialists.

At North Canyon we typically manage patients that have myofacial pain dysfunction that involves the muscles of mastication (chewing) that have developed abnormal cramping or spasms. Dr. Mack will develop specific plans that meet your condition.

The following are some of the general guidelines Dr. Mack may have follow that will help you recover as soon as possible.

If you have further questions, please call our office or bring them to our attention at your next follow up visit.

1. Dental soft diet. Foods that require little or no force to crush and swallow. These include pastas, soft hamburger, flakey fish, soft breads and dairy such as yogurt.
2. Avoid gum chewing. This will aggravate the condition.
3. Warm moist compresses applied externally on the face. Take a facecloth, wet it, and microwave it for 10 seconds. Apply as necessary.
4. Wear your occlusal splint device as recommended. If a temporary soft splint is recommended, Dr. Mack suggests wearing it as much as possible. Remove it to eat and to clean with warm water, toothpaste or peroxide and a brush.
5. NSAIDS are medicines such as Ibuprofen or Naproxen that may be prescribed to reduce inflammation and pain. Some people have allergies or gastric conditions that prevent them from taking these medications. Please inform us of any conditions.
6. Muscle relaxants and sleep aids may be prescribed for a temporary period of time to help break the spasm of muscles. Please review with our staff any questions you may have of them. Please inform us if you develop symptoms of drowsiness
7. Should questions arise, please contact us a 623-582-8384