

Central Missouri Ear, Nose Throat, Sinus & Allergy, P.C.

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Guidelines for treatment of Temporomandibular Joint Dysfunction (TMJ)

You have been given the diagnosis of TMJ by this office. Dr. McDonald would like for you to begin with the following treatments. The use of these guidelines will not make your TMJ disappear; however, you will see improvement.

- Warm, moist heat daily to both sides of the face for 1 hour or more. This is best done in the evening. It is important not to break this time up; the moist heat needs to be used continually for at least an hour.

The warm moist heat can be achieved in a variety of ways; the best means is with the use of a 'grain filled' microwaveable pillow. A store brand name is Bed-Buddy. Wash cloths dampened and heated can also be used, or hot water bottles with warm moist towels wrapped around them can be effective as well.

- Diet change. *"If you can't squish it with a fork, you can't eat it!"* for the next 2 weeks. This change to a soft diet will give the joints a rest and allow some of the spasming of the muscles to hopefully subside.

Soft diet examples are pudding, jell-o, applesauce, yogurt, cottage cheese, shakes, malts, smoothies, soup, cooked potatoes, cooked egg products, cooked cereal products, broiled fish, or well cooked pastas.

DO NOT EAT BREAD, RED MEATS, SALADS, OR RAW VEGETABLES.

- If you chew gum, please attempt to stop.
- Other muscles... If you experience upper shoulder tenderness, upper back or neck pain, this may be associated with your TMJ. Use of regular heat to these areas while you are using the moist heat may provide relief. Letting the spray of a hot shower penetrate these areas is also helpful.