



## **Home Care instructions for diagnosis of TMD or Myofacial Pain**

**The main objective with this protocol is to rest muscles and ligaments so they can heal.**

- 1. Soft food diet for 2 weeks, all food to be soft, overcooked, or pureed in a blender.**
  
- 2. Do not open wide for anything, like an apple. When yawning, hold your chin from opening.**
  
- 3. Do not let teeth touch at rest. Teeth should never touch during function, which is eating and speaking. At rest the lower jaw should hang. The only way for your teeth to touch is by muscles working to close the jaw.**
  
- 4. No Gum chewing**
  
- 5. No Caffeine. Eliminate or reduce if possible. Caffeine in the morning can cause muscle stimulation and contraction the same evening.**
  
- 6. Over the Counter Advil/Ibuprofen/Motrin is the best anti-inflammatory, and should be used if your medical history/condition allows to reduce muscle inflammation.**
  
- 7. Heat can be applied to sore muscles in intervals of 20 min. to stimulate blood flow and healing.**

Follow up in 2 weeks to re evaluate discomfort levels. If pain gets worse, Please call the office sooner.