



### **Tips for Jaw Pain**

1. Apply warm moist heat or a cold compress. Whichever one makes you more comfortable and relieves your discomfort. Do this 20 minutes on and 20 minutes off, several times a day for several days. When trauma first takes place ice is best to reduce swelling, most pain comes from swelling!
2. Take Ibuprofen 60 mg every 6 to 8 hours, to reduce inflammation, if you can take NSAIDS. You can take Tylenol as well if needed for additional pain relief.
3. See a Physical Therapist- I recommend Dr. Amanda Worley who has experience treating problems of the jaw joint. She has done well with several patients who have been struggling with facial/jaw pain. Movement of the jaw is important to the healing process. Dr. Worley can help teach you appropriate exercise for the jaw.
4. Eat a soft diet: no sticky chewy things, chewing gum or anything real hard. Do not open wide. Less chewing of food is better. Do this for several days.
5. Call your dentist- The dentist is the physician of the masticatory system and understands the jaw joint better than any other physician. I have gone through extensive training in disorders of the jaw.