

# AVOIDING the dentist because of TMJ/TMD PAIN?



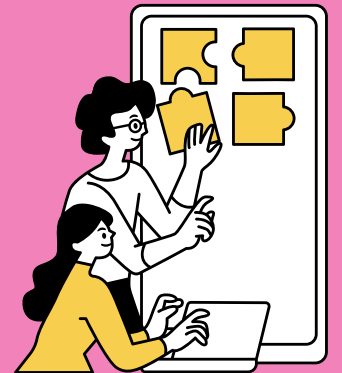
## IMPROVE YOUR NEXT VISIT TO THE DENTIST WITH THESE PATIENT APPROVED TIPS

### BEFORE TREATMENT

# 1

## PRE-VISIT CONSULT

Set up a video consult with the dentist before your first appointment so you can share any concerns and special needs.



# 2

## HEALTH RESUME

Draft a medical/dental history resume that gives your dentist a full picture of your overall health

# 3

## EXTRA TIME

Request extra time on the schedule for breaks during treatment to close your mouth and rest your jaw

# 4

## PLAN FOR YOUR LIFESTYLE

Pick an appointment time when you are free to go home and rest after your treatment



### DURING TREATMENT

# 1

## COMMUNICATE

AGREE ON A HAND SIGNAL THAT LET'S YOUR DENTIST KNOW WHEN YOUR JAW NEEDS A BREAK



# AVOIDING the dentist because of TMJ/TMD PAIN?



## IMPROVE YOUR NEXT VISIT TO THE DENTIST WITH THESE PATIENT APPROVED TIPS

### DURING TREATMENT

# 2

## IMPLANTS

If you have a prosthetic jaw joint, tell the dentist about the device and its limitations



# 3

## RELAXATION

Listen to music with noise cancelling headphones

# 4

## COMFORT

Bring a cushioned neck pillow to support your neck

### AFTER TREATMENT

# 1

## SOFT FOODS

Stick to soft foods for the first couple of days after your visit to reduce pressure on joints



### DURING TREATMENT

# 2

## MEDICATION

TAKE ANTI-INFLAMMATORY MEDICINE AFTER DENTAL TREATMENT TO REDUCE THE PAIN FROM A FLARE UP



# AVOIDING the dentist because of TMJ/TMD PAIN?



**IMPROVE YOUR NEXT VISIT TO THE  
DENTIST WITH THESE PATIENT  
APPROVED TIPS**

**DURING TREATMENT**

**3**

## ICE AND HEAT

**Apply moist heat or cold  
compresses to sore muscles  
after treatment to reduce  
swelling and pain**



**4**

## REST

**Listen to music with noise  
Take the day to rest rather than  
going back to work or school**



# WHAT IS THE DIFFERENCE BETWEEN TMJ AND TMD?

## TMJ = Temporomandibular joint

- The jaw joint and muscles that control jaw movement
- We have two TMJs - one on each side of the face
- These joints hinge your lower jaw (mandible) and upper jaw (maxilla)



**DURING TREATMENT**

## TMD = TEMPOROMANDIBULAR DISORDER

**A GROUP OF MORE THAN 30 CONDITIONS  
CAUSING PAIN AND DYSFUNCTION IN THE TMJ**

