

MR PAUL VAN SCHAIK  
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Please see the reverse for your letter

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Date Signed: 22/08/2025  
Clinic Date: 14/08/2025  
Clinic Location: James Cook University Hospital

AJ/DM/35989614/D586082  
NHS No.: 6281975472

**[INTERNAL]**

MRS K DHILLON  
THE INDEPENDENT DENTAL PRACTICE  
282 ACKLAM ROAD  
ACKLAM  
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Dear Mrs Dhillon

**Paul Van Schaik, DOB: 18/05/1959**  
**16 Kader Avenue, Acklam, Middlesbrough, Middlesbrough, TS5 8NQ**

**Diagnosis**

Left sided TMD with myofascial pain

**Plan**

Self-management: Trial of soft diet, regular ibuprofen for 1 week, heat, massage and lower soft occlusal splint  
Review in 10 weeks

Many thanks for your referral of this patient. The skin lesion described in your original referral appears to have resolved. While this area is mildly tender there is no pathology to be observed.

We have repeated the OPG as there was not one sent with the referral that shows no depth source of dental pain explaining his symptoms. There is also no gross abnormality of the temporomandibular joints.

On clinical examination the left masseter and temporalis muscles are mildly tender. There is very mild tenderness over the lateral pole of the left condyle. Mouth opening is normal and there is no clicking or locking. There is no mucosal disease in the mouth, I was unable to see any evidence of either.

I suspect this patient has an underlying mild myofascial temporomandibular disorder, it should be best managed with an initial course of self-management. I have given an information leaflet regarding soft

diet, ibuprofen and jaw exercises and we have taken impressions for a lower occlusal splint. We will send out to him in the post.

We will then review him in approximately 10 weeks to see how this has had an effect on his symptoms. I do not anticipate we will need to follow him up long term.

Yours sincerely

*Electronically signed*

Mr Adam Jones  
OMFS Department  
GMC: 7486138

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