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Important Information for Patients with TMD

Temporomandibular dysfunction has many signs and symptoms. Evaluation and treatment are time-sensitive and no single therapy or drug regimen has been shown to be universally beneficial.

Beneficial ways to manage your TMD:

1. Restrictions of all lower jaw movement function in a pain-free range of motion. E.g. don't chew gum or pencils or straws. If you can control it don't clench or grind your teeth
2. Maintain a soft diet
3. Call dentist
4. Take NSAIDs (e.g. ibuprofen such as Motrin or Advil)
5. Reducing/managing stress
6. Moist heat applications to the affected area for 15-20 minutes, 4-6 times daily
7. Have a custom made night guard
8. Consider Rx medication such as a muscle relaxer to be prescribed by your dentist