

INSTRUCTIONS FOR TMJ (TEMPOROMANDIBULAR JOINT) PAIN

- * DO NOT CHEW GUM**
- * DO NOT CRUNCH ICE**
- * DO NOT EAT HARD CANDY**
- * DO NOT EAT NUTS**
- * BUY A FOOTBALL MOUTHPIECE AND PLACE IT IN HOT WATER TO SOFTEN IT. PUT YOUR TEETH IN IT AND BITE DOWN ON IT TO IMPRINT YOUR TEETH AND THEN SET IT IN COLD WATER AND THEN SLEEP IN IT**