

## TMD, Headaches and Facial Pain:

TMJ or temporomandibular joint disorders is a multifactorial problem and could range from:

- Clenching of jaw muscles
- Teeth grinding
- Trauma
- Chewing gums
- Arthritis
- Fibromyalgia
- Stress



TMD symptoms can range from:

- Pain and limitation of mouth opening
- Chewing difficulty
- Soreness in muscles in the morning
- Headaches or ear pain or neck pain
- Clicking or popping sounds on mouth opening
- Tingling sensation or stuffiness in the ears



TMD can contribute to and cause chronic headaches. The correlation is so much that sometimes some patients who actually have headaches, are falsely diagnosed with TMJ disorders (TMD) and vice versa or have both TMD and Headaches.

## TMD Treatments Provided

- Trigger point injections/ Joint injections
- Botox injections
- Splints or Mouth Guard
- Physical therapy
- Avoidance, thermal therapy

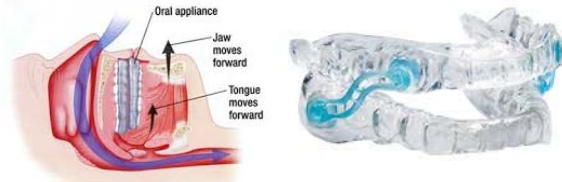


## Obstructive Sleep Apnea (OSA):

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea often snore and stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain and the rest of the body may not get enough oxygen.



**Oral Appliances** for patients with snoring or mild to moderate obstructive sleep apnea who prefer oral appliances to Continuous Positive Airway Pressure (CPAP). Oral Appliance are also indicated for severe patients, who have difficulty tolerating, are non-compliant with or refuse CPAP.



Oral appliances are comfortable, easy to wear and most people find that it only takes a couple of weeks to become acclimated to wearing the appliance. Most insurance companies cover Oral Appliance therapy.

In severe cases surgical procedures for mandibular advancement is recommended.

- a. Genioglossus advancement
- b. Uvullectomy
- c. Maxillo-mandibular advancement
- d. Septoplasty/ Turbinoplasty

## Neuropathic Pain Management

Trigeminal neuralgia (TN) is a chronic neuropathic pain condition that affects the trigeminal or 5th cranial nerve, one of the most widely distributed nerves in the head and face



Treatment options include pain medicines, surgery and complementary approaches. Severe cases are managed by consultation with a Neurosurgeon.

## Other treatments and consultation

- Pre orthodontic consultation for all ages
  - Imaging like MRI and CBCT scan
  - Comprehensive TMJ exam
- Headaches: Diagnosis and management
  - Tension type
  - Migraines
  - Cluster headaches
- Neuropathies
  - Diagnosis and management of condition by medications and stents.
- Atypical facial pain
  - Diagnosis and management with medications, imaging like CBCT.
- Burning Mouth syndrome
  - Diagnosis and management with medications
- Occusal Dysasthesia
  - Diagnosis to identify the problem
  - Referral to Psychotherapist
- Sensory Distortions
  - Diagnosis and Management with Medications.
- Oral Medicine Lesions like precancerous, autoimmune lesions and Oral Cancer
  - Diagnosis with Biopsy, treatment with medications and regular follow-up.

## Referral Form

**Dr. Jasjot Sahni** has completed her residency in Orofacial Pain and Oral Medicine from the University of Southern California. She is specialized to provide diagnosis and treatment related to TMJ disorders, facial pain and headaches, burning mouth syndrome, neuralgias, bruxism, bad breath, sleep disordered breathing, oral mucosal lesions and oral cancer detection. She is member and board eligible for the American Board of Oral Medicine (AAOM) as well as American Board of Orofacial Pain (AAOP), American Board of Dental Sleep Medicine (ABDSM).

Dr. Sahni's treatment methodology utilizes non-surgical and minimally invasive techniques. She is committed to focus her career on improving the patient's life through better pain and sleep management.

### Oral & Maxillofacial Surgeon of

**Chicago** practices a full scope of oral and maxillofacial surgery with expertise ranging from corrective jaw surgery to wisdom tooth removal. We can also diagnose and treat facial pain, facial injuries and TMJ disorders, and perform a full range of dental implant and bone grafting procedures.

### We offer comprehensive services including:

- Dental Implants
- Wisdom Teeth
- Bone Grafting
- Facial Trauma
- Pre-Prosthetic Surgery
- Distraction Osteogenesis
- Oral & Facial Pathology
- Cleft Lip & Palate
- Bone Morphogenetic Protein
- Stem Cells
- Platelet Rich Plasma
- Impacted Canines
- 3D Imaging

Patient Name \_\_\_\_\_

Referral Physician \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

- TMJ Disorders
- Sleep Apnea/ Oral Appliances
- Headaches
- Trigeminal Neuralgia
- Oral Cancer Screening
- Pre-Orothodontic Consult
- Neuropathic Pain
- Burning Mouth Syndrome
- Bad breath/ Halitosis
- Teeth grinding/ bruxism
- Other \_\_\_\_\_

Comments:

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## TMJ, Facial Pain and Sleep Apnea



**Dr. Jasjot Sahni**

Orofacial Pain and Sleep Dentist

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