



Relieve Your TMJ Pain

What Can You Do About TMD?



Relax

Stress and anxiety play a large role in TMD. Exercise, yoga, meditation or any other creative outlet are a great way to unwind. Find what works best for you!



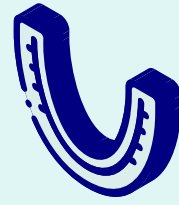
See Your Dentist

Regular dental checkups are an important part of your overall health. Dentists are specially trained to detect and treat any serious issues that may be causing your TMD.



Reduce Caffeine

Too much caffeine can magnify internal body stressors that may contribute TMD. Reducing caffeine intake can lower stress and reducing aggravating behaviours like jaw clenching .



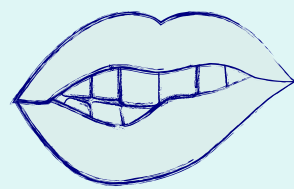
Try a Night Guard

Occlusal guards worn at night can help reduce teeth grinding and TMJ pressure while you sleep. Talk to your dentist about getting fitted for a night guard.



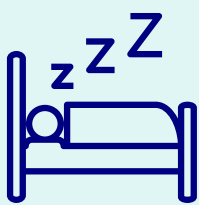
Stop Leaning

Leaning your head in your hand can put a lot of pressure on your jaw. With TMD the joint is already inflamed this added external pressure can cause further aggravation and pain.



Chewing Habits

Try to break habits that involve chewing, such as biting your nails or chewing on pens. Also try to avoid chewing gum if your jaw is aggravated.



Sleep

When you sleep on your side or stomach it can cause compression in your jaw, aggravating TMD. Try changing your sleep posture so that you lay on you back, which removes any external stress on your jaw.



Eat Softer Foods

Try temporarily changing your diet to soft foods, such as eggs, cooked vegetables or soups. You can also cut your food into smaller pieces to reduce chewing and decrease strain on your jaw while it heals.