

Provide this form at the beginning of Phase 1 or an acute trauma to TMJ

### Appropriate application of Ice and Moist Heat

The proper usage of Ice and Moist Heat as part of your TM joint therapy can be invaluable to symptom management and recovery time. If used correctly, these measures can be significant in decreasing the magnitude of the inflammatory cascade, the body's natural response to tissue damage and trauma. Additionally, the efficiency of tissue repair and recovery is greatly enhanced.

#### Ice for 10 minutes

- Use ice in a Ziploc bag or water bottle. Bags of frozen vegetables can also work. Hold over the TM joint (if ice is too cold wrap in a towel).
- During this time, slowly open and close your mouth two to three times per minute. As the ice starts to relieve the pain, stretch our jaw open and try to increase maximum opening.

#### Moist heat for 10 minutes

- Heat wet towel in microwave until it is tolerably warm, dip towel into heated bowl of water, or run under hot tap water. Hold towel on TM joint. If towel starts to cool, heat again.
- During this time, slowly open and close mouth two to three times per minute.

Alternate ice and heat. Repeat as many times as needed to relieve pain or as directed by the doctor.

600 mg of Ibuprofen every 6 hours for the next 4 days

400 mg of Ibuprofen every 6 hours for the next 4 days

Patient Signature

Parent/Guardian Signature