



TIPS TO RELIEVE PAIN SYMPTOMS OF THE TMJ (TEMPOROMANDIBULAR JOINT)

CHOOSE A SOFTER DIET

Avoid foods such as tough meats, gum, ice, and nuts. Choose fish or chicken. Chew slowly.



LIMIT YOUR MOUTH OPENING

Stabilize your chin with your fist while yawning. Avoid biting into large sandwiches.

USE HEAT

Apply a heating pad to the painful areas of your face or head 1-4 times daily up to 15 minutes.



AVOID DAYTIME CLENCHING

Set a watch or cell phone with an hourly reminder to relax your jaw and keep teeth slightly apart.