

## Managing Your TMJ Disorder and Facial Pain



Presented by

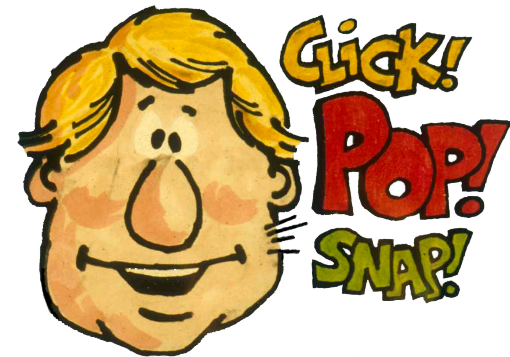
# TMJ Oregon

## Temporomandibular Disorders

### Understanding and Caring for Your Jaw Problem

### What Are the Signs and Symptoms of a TMJ Disorder?

- Tenderness in the area in front of your ear, especially when you chew, speak, or open your mouth wide to sing, laugh, or yawn.
- Headaches and discomfort in the muscles on the side of your face or head.
- Clicking, popping or grinding sounds when you chew or open and close your mouth.
- Difficulty opening your mouth wide with jaw catching, sticking, or locking.



### Things you **SHOULD DO** if you have a jaw problem

- Apply moist heat and massage the muscles on the side of your face.
- Take small bites or cut up food and place it between your back teeth. Nothing larger than your thumb. Avoid large food items, such as hamburgers or big sandwiches, that force you to open your mouth wide.
- Avoid biting off food with your front teeth, such as an apple or sandwich.
- Eat soft foods such as yogurt, casseroles, eggs, cereal, oatmeal, soups, and noodles.
- Avoid hard, tough, crunchy, or chewy foods such as raw vegetables, licorice, caramels, chips, and nuts.



### Things you **SHOULD NOT DO** when you have a jaw problem

- Thrust your lower jaw forward or to the side when brushing and flossing your teeth or when applying lipstick, ChapStick, or lip gloss.
- Rest your hand on your chin when sitting at a desk or lying on the floor.
- Play any wind instrument or the violin or viola, or sing in a choir if these activities aggravate your jaw condition.
- Bite your fingernails or cuticles as this can aggravate the jaw joint and the jaw muscles.
- Prolonged gum chewing or chewing large pieces of gum should be avoided. However, brief periods of slowly chewing small, soft pieces of gum is okay, as long as it does not cause jaw joint or muscle pain.
- Clench or grind your teeth — Remember to keep your

### **Lips Together and Teeth Apart**

