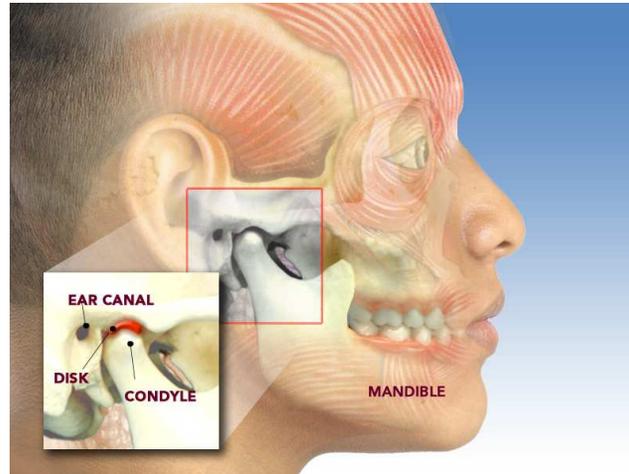


HEMOCARE FOR TMJ DISCOMFORT



There may be times when you experience some discomfort in the area surrounding the TMJ. First, eliminate any specific medical cause for pain such as an ear infection with your general physician before assuming it is TMJ syndrome.

When treating acute problems of the TMJ (tempromandibular joint), Dr. Wohlgemuth approaches the condition the same way an orthopedist would treat any acute orthopedic problem. The most common cause for discomfort is injury to the muscles and tissues that surround the joint and then they become inflamed and/or in spasm. If this is the case with your discomfort, the most effective initial steps to treatment are:

1. **Rest the joint:** No gum chewing (or any chewy foods like bagels, etc.) for 7 to 10 days.
2. **Take an over the counter anti-inflammatory/pain medication:** Advil or Tylenol are the most commonly used (check with your doctor if you have any allergies or other medical conditions). It should be taken every 6 hours (while awake) for 7 to 10 days to help address the inflammation and relieve any pain you may be experiencing.
3. **Alternate Heat and Cold:** Application of an ice pack initially is the most effective way to reduce inflammation and pain. After the first 24 hours, the application of moist heat alternating with the ice in 15 minute intervals is helpful in restoring the blood flow to the area and relaxing any spasms that may be occurring.
4. **Massage:** Gently but deeply massaging the muscles to break up the spasm can sometimes be helpful. (If you use a professional masseuse, be sure he/she is trained in TMJ therapy to make a real difference).
5. **Keep a diary and try to reduce stress with regular exercise and sleep:** By keeping a diary of the times and intensity of your pain, you may be able to eliminate the actual causes of your pain. Is it occurring at the end of the day, after meals, in the morning when you awaken, just before the test? This information will also be helpful in diagnosing the problem when and if you have a need to seek additional treatment for your discomfort later.

Finally, if you do not experience relief after application of these methods then a search for the more involved causes of your pain would be appropriate so please contact our office with any further concerns.