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## WELCOME TO OUR OFFICE

We appreciate the trust you have placed in us by scheduling an appointment for an evaluation of your temporomandibular joint and/or craniofacial pain problems. We will make every effort to honor that trust by providing the quality of care you require and deserve. One of our primary concerns will be to make you feel comfortable in our office. In order for our staff to offer you the best of care, it is important to establish open communication. Therefore, we welcome the opportunity to answer your questions and discuss any matters with you.

The purpose of our examination is to diagnose the cause of your problem and recommend necessary treatment. If you have a TMD problem, our goals will be to: a) reduce stress to your jaw joint, b) reduce inflammation within the joint and c) relieve muscle spasm. We encourage you to follow these home care instructions that may be helpful in alleviating any discomfort you are experiencing.

1. Ice packs are excellent in reducing pain and muscle spasm. Place ice packs over the temple area and side of the face for ten minutes. We usually recommend ice for ten minutes 3-4 times per day. Ice packs may be repeated hourly if you are in severe pain.
2. Place yourself on a soft (not liquid) diet. Eat a good balanced diet that consists of foods like cooked whole grains, beans, vegetables, eggs, fish, cheese, ground meats, fruit, etc. Avoid foods like salads, apples, tostado chips, corn on the cob, hard breads, raw vegetables, steak, etc. **NO CHEWING GUM OR ICE!** By cutting your food into smaller pieces, you can avoid a great deal of chewing thereby eliminating additional stress to your jaw joints.
3. As much as possible, consciously disengage your teeth - keep them slightly apart except when chewing or swallowing. The rule to remember is "lips together, teeth apart".
4. Your sleep position is vitally important. If possible, it is best to sleep on your back, perhaps with a pillow under your knees if that is more comfortable. You may want to also use pillows to support your sides. This would discourage turning over while asleep. Do not use firm, full pillows under your head. There are various orthopedic pillows available that are helpful in reducing head and neck pain. A rolled bath towel placed under your neck instead of a pillow may be preferred. If you sleep away from home, take your neck pillow (or a towel) with you. **DO NOT SLEEP ON YOUR STOMACH.** If you must sleep on your side, put a pillow between your knees, a pillow between your arms and keep your head pillow from pressing against your TM joint. Do not sit or sleep under ceiling fans or vents as this will aggravate sensitive muscles and joints.
5. Do not sit with your chin resting on your hand, and protect your yawns by placing your fist under your lower jaw to prevent an extra wide opening. When talking on the telephone, do not support the receiver with your shoulder.
6. Avoid perfumes, scented products, dry-cleaning fluids, household cleaners and petroleum products as these chemicals aggravate sensitive muscles and joints.

If you have any questions, please do not hesitate to call us. Our office staff will help you in every way possible.