family dental clinic west end

TMJ Post Op

1. During your treatment, be sure to cut all food's into small, bite-sized pieces and try to avoid opening your mouth any wider than the thickness of your thumb - especially when yawning.

2. Do NOT eat hard crusts of bread, tough meat, raw vegetables, or any other food which will require prolonged chewing.

3. Avoid using chewing gum during this period of treatment.

4. Always try to open your jaw straight - and not too far - put your chin on your chest to yawn. Be sure not to protrude your jaw or move it from side to side.

5. Do NOT bite any hard food with your front teeth.

6. Avoid protruding your jaw during any other activities: for example smoking, conversation, etc.

7. Should you find yourself clenching your teeth together, try to remember to keep your "lips together, teeth apart". At the end of a swallow your jaw will relax into a neutral position with your teeth slightly apart - practice this often.

8. Try to sleep on your back. If you must sleep on your side ensure adequate pillow support between your shoulder and head. Do not lie on your front unless your forehead is supporting the weight of your head.

9. Realise that jaw/muscle problems are psycho/physiological in nature, meaning related to stress plus injury or abnormality. Reduction of internal tension and external stress in your life will be of great benefit.

These few simple rules can easily allow you to modify your lifestyle and eating habits and to avoid those jaw movements which re-injure your joints, muscles or ligaments.

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