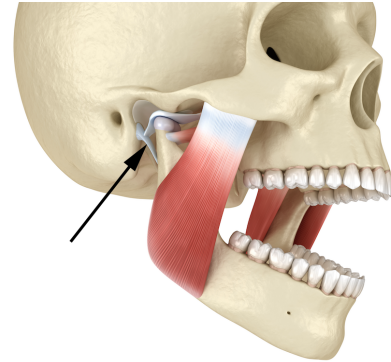


Basic TMJ Guidelines

Avoid placing stress on your jaw joints by minimizing the following:

- chewing hard food (nuts, hard candy, etc.)
- chewing gum or ice
- clenching your jaws and grinding your teeth
- Opening your mouth wide



Hot or cold packs may be used if desired.

In some cases, a dental splint, also called a night guard, may be used. These may be custom made by a dentist or generic splint may be purchased from a pharmacy without a prescription.

Anti-inflammatory medications, like ibuprofen may be helpful. Acetaminophen (Tylenol ®) may also be helpful.

For more in-depth evaluation and management, you may schedule an appointment with either of these dentists who focus on TMJ:

Dr. Todd Gray
Koala Center for Sleep
Disorders
2309 East Empire St.
Suite 500
Bloomington, IL 61704
(309) 319-6568

Dr. Jack Walz
Central Illinois Center for TMJ
and Sleep Apnea
604 Dale St.
Suite 5
Normal, IL 61761
(309) 452-5180