

INSTRUCTIONS REGARDING YOUR “TMJ” APPLIANCE

The “TMJ” appliance that has been inserted today has been carefully designed to allow those muscles, that are now in spasm, to relax, thus reducing your pain.

After a few days of wearing this appliance, you may notice that your jaw is not closing in its usual position. Please rest assured that this is perfectly normal since the purpose of the appliance is to allow your jaws to close in a CORRECT position that may be somewhat different than your usual position.

For the first several days, you may notice that the appliance feels bulky and that you may be forming excessive saliva. You may have some difficulty in speaking. THIS IS PERFECTLY NORMAL and after the first week the appliance will be EASILY TOLERATED. Speaking difficulties can easily be overcome in short order by reading out loud in front of a mirror at home.

During this stage of treatment it is also essential that:

1. You do not remove the appliance (except for eating). The appliance is to be worn 24 hours a day.
2. Avoid chewing tough foods.
3. Avoid opening your mouth wide.
4. Do not chew gum.
5. Do not move your jaw in such a manner as to make it click, pop or grind.
6. If prescribed, use the moist heat pack (hydro-collator) as directed.
7. If prescribed, do your jaw exercise(s) as directed.
8. Avoid LIFTING, PUSHING or SHOVING heavy objects.
9. Avoid stressful situations if at all possible.

By following these rules, your recovery time will be kept at a minimum.

Your appliance should be cleaned daily with a toothbrush and toothpaste at the same time that you brush your teeth.

****PLEASE REMEMBER THAT THIS APPLIANCE IS NOT A CURE BY ITSELF. It is an important adjunct to an entire treatment protocol.**