

Conservative Treatments

- Most jaw joint and muscle problems are temporary and do not get worse.

Treatment is based on a proper diagnosis which should be conservative and reversible.

- Self-Care Practices
- Pain Medications
- Stabilization Splints
- Prosthodontic Treatment

Self-Care Practices

Your Prosthodontist may recommend steps that you can take that may be helpful in easing symptoms, such as:

- eating soft foods,
- applying ice packs to recommended areas,
- avoiding extreme jaw movements (such as wide yawning, loud singing, and gum chewing),
- learning techniques for reducing stress,
- practicing gentle jaw stretching and relaxing exercises that may help increase jaw movement.



Pain Medications

- For many people with TMJ disorders, short-term use of over-the-counter pain medicines or nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may provide temporary relief from jaw discomfort.
- When necessary, your dentist or doctor can prescribe stronger pain or antiinflammatory medications, muscle relaxants, or anti-depressants to help ease symptoms.



Stabilization Splints

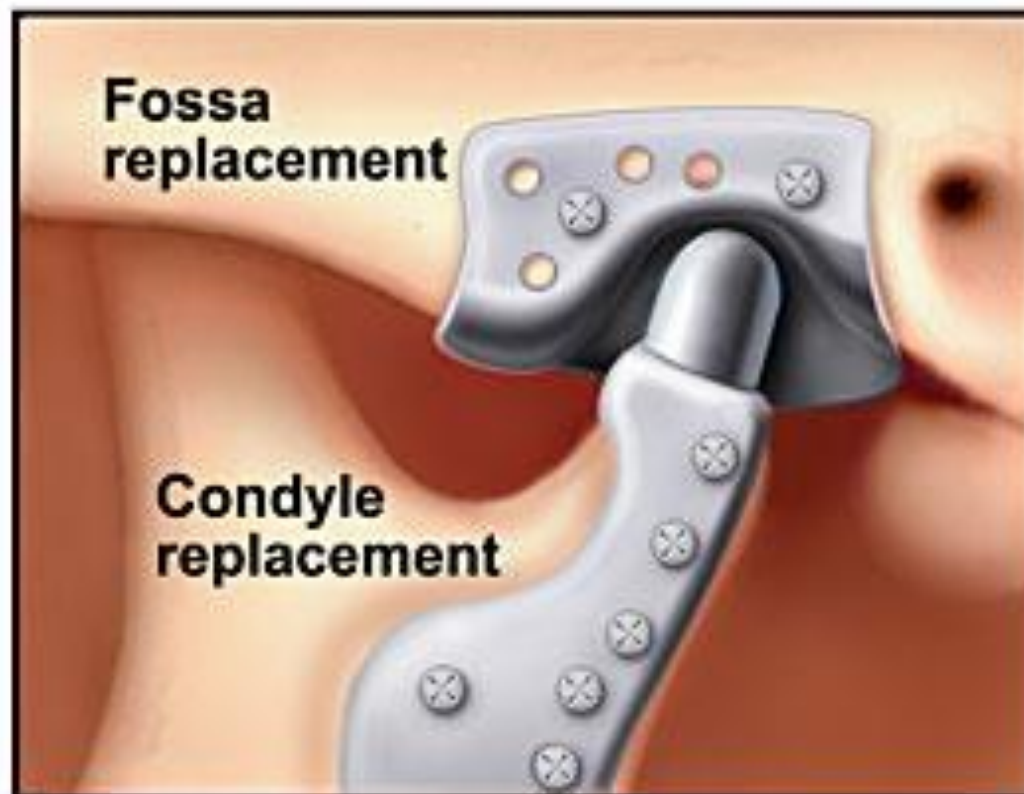
- Your Prosthodontist may recommend an oral appliance, also called a stabilization splint or bite guard, which is a plastic guard that fits over the upper or lower teeth. Stabilization splints are the most widely used treatments for TMJ disorders.
- If a stabilization splint is recommended, it should be used only for a short time and should not cause permanent changes in the way your teeth bite together when the splint is removed from your mouth.



Prosthodontic Treatment

- Occlusal splints may also be used to reestablish the bite prior to prosthodontic treatment.
- It is used when the bite is not contacting evenly due to missing or worn teeth and may relax the muscles.





**Fossa
replacement**

**Condyle
replacement**

Total joint replacement