



BRIAN HALE DENTISTRY

← -- 1100 NW Loop 410, Suite 511 | San Antonio, TX 78213 -- →

DR. HALE'S TOP 10 TIPS FOR MANAGING TMJ PAIN

1. **Eat soft foods** – avoid food that requires biting with your front teeth.
2. **Avoid opening your mouth too wide** – try not to open your mouth more than one or two inches (beware of yawning!).
3. **Chew with both sides of your mouth.**
4. **Apply moist heat or cold compress** – apply heat up to four times a day for five to 10 minutes to alleviate pain. Cold compresses usually work better on acute pain, applied at the same rate/frequency as heat.
5. **Massage the sore jaw joint(s)** – gently, use a rotating motion, for five to 10 seconds, then open the mouth and hold for another five to 10 seconds to stretch the chewing muscles that surround the joint. Repeat throughout the day.
6. **Minimize stress** – practice yoga, deep breathing and meditation. Learning to breath properly can help calm muscles.
7. **Sleep on your back** – if you tend to sleep on your side, try sleeping on your back instead.
8. **Avoid clenching your jaw** – keep your teeth from touching.
9. **Take Advil or Motrin** – Remember to always take as directed.
10. **Don't chew gum!**

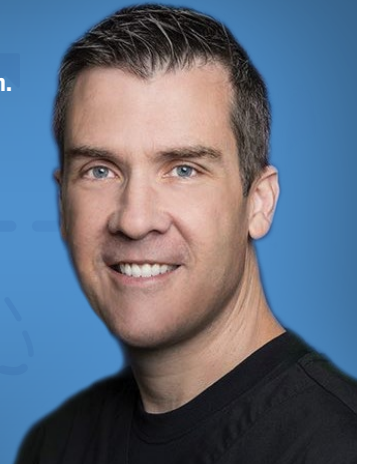
ABOUT DR. BRIAN HALE

If you are feeling any TMJ symptoms, don't feel that you have to just live with them.

Dr. Hale has nearly 15 years of experience in general dentistry, cosmetic dentistry, TMJ / TMD and sports dentistry. Specifically, he is a neuromuscular dentist trained in how to diagnose and treat TMJ and has received both theoretical and hands-on education in TMJ.

He specializes in TMJ diagnostic and treatment technology, with services including (but not limited to):

- Bite Splints or Orthotics
- TENS for TMJ
- Orthodontic work (including Invisalign)



CONTACT US TO SCHEDULE AN APPOINTMENT

Don't delay in seeking relief from this difficult condition. Call us at 210.308.7008 or send an email to schedule your TMJ testing.

210.308.7008

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