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The temporomandibular joint is the “jaw joint” located in front of either ear. Like other joints in one’s body the TMJ can become inflamed and ache. This pain often radiates to the ear, side of head, temporal area, or to the upper neck. The following measures can often help alleviate this discomfort.

1. No gum chewing.
2. Avoid foods that require vigorous chewing. Only eat foods that you mash with a fork.
3. Apply warm, moist heat to the painful TMJ area.
4. Rest the TMJ’s by limiting talking and chewing.
5. Make a mental note the activities surrounding the painful episodes. The painful episodes are often directly related to stress and tension and/or biting down, clenching or grinding the teeth.
6. Take an anti-inflammatory/pain relieving medication. You may be given a prescription. If not, take one of the following over-the-counter medications if you are not allergic to them and they do not irritate your stomach: (Note: These are adult does ONLY)
 - a. Aleve 200mg 2 tablets every 12 hours (or twice a day) or
 - b. Ibuprofen 200mg 3 or 4 tablets every 8 hours (or three times a day) or
 - c. Aspirin 325mg 1 or 2 tablets every 4-5 hours (or three to four times a day)
7. If you wear dentures, remove them at night. If they do not fit well, see your dentist and have them refitted.

85% of TMJ dysfunction resolves in it's own with time. I after trying the above measures your pain persists, please schedule a follow up visit as further workup may be indicated to rule out other possible causes.

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