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**Temporomandibular Joint Pain/Muscle Dysfunction
Home Care Instructions**

1. *Avoid sleeping on your jaw. This is the most important regimen. Back sleeping is the best posture to enable your jaw to relax. You may need to elevate your knees with a large pillow and place a neck roll pillow under your neck to reduce any back discomfort.*
2. *Application of moist heat with a hot towel to the affected side at least twice a day for approximately 20 minutes, more often if possible.*
3. *Avoid chewy foods and avoid biting anything with your front teeth. A soft diet is recommended.*
4. *Limit the intake of sugar and caffeine, as both are stimulants to the nervous system.*
5. *If prescribed take medication regularly.*
6. *Avoid clenching your teeth as much as possible.*
7. *If so instructed use the leaf gauge principal as directed to treat acute episodes of painful muscle spasms and for the management of your clicking and popping joints.*

Should you have any questions about the above instructions don't hesitate to call the office.

REMEMBER- IT WILL TAKE TIME FOR THIS TREATMENT TO WORK. A LARGE PART OF IT'S SUCCESS DEPENDS ENTIRELY ON YOU.