

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

Alexander C. Keszeli, D.O. **Alfred J. Mauriello, II, M.D.**
Michael A. Picariello, M.D. **Joseph L. Smith, II, M.D.**
Daniella D. Benson, PA-C
Nicole A. Walstein, PA-C

TEMPOROMANDIBULAR JOINT DYSFUNCTION **(MYOFACIAL PAIN SYNDROME REGIMEN)**

- Avoid chewy foods such as chewy meats and chewing gum. Avoid grinding your teeth or clenching your jaws tightly.
- Avoid opening your mouth wide; remember that certain foods such as an apple or a hoagie might require that your mouth be wide to eat.
- Keep your diet soft; cut your food into small bites.
- Apply warm compresses to the area in front of and below your ear using either a heating pad or washcloth soaked in hot water and wrung out. This should be applied to the affected joint(s) for ten to fifteen minutes, three to four times daily.
- Gently massage the affected joint area and the back cheek area using your fingertips.
- Take the medications as prescribed by our physicians.
- Generally, it takes about four to six weeks for the symptoms of jaw joint irritation to subside, however in severe cases it may take much longer.

If you have any questions, please call our office at 610-363-2532.