



TEMPOROMANDIBULAR JOINT (TMJ) DYSFUNCTION

TREATMENT:

MEDICATIONS:

1. Take Ibuprofen 800 mg OR Advil 800 mg 3 times/day with food (If no medical contraindications).

THERAPIES:

1. Purchase a night guard. You can either buy a sports mouth guard or have one professionally fitted by your dentist.
2. Alternate between hot and cold compresses to the area, for 20 minutes.
3. Massage the area by hand.
4. Eat a soft foods diet. Avoid hard, chewy tough foods during flare up. Avoid chewing gum.

If still no relief of symptoms, proceed with MRI and schedule an appointment with a TMJ specialist. Physical therapy, acupuncture and a variety of relaxation techniques could also be used to treat your symptoms and the specialists below can better manage your care. Below is a list of recommended providers.

(Please be sure to check with your insurance company, that the facility you choose to go to is in-network, before being seen.)

Dr. Bradley Eli

4403 Manchester Avenue Suite 101
Encinitas, CA 94024
(760) 436-6365
www.drbradeli.com

Dr. Sherry Vakilian

320 Santa Fe Drive Suite 105
Encinitas, CA 92024
(760) 436-9292
<https://dentalsolutionsofencinitas.com/>

Dr. William Halagan

4320 Genesee Avenue Suite 207
San Diego, CA 92117
(858) 277-3910
<https://halligantmj.com/>

Gaspar Doctors of Physical Therapy

(760) 634-9750
6102 Avenida Encinas, Suite E
Carlsbad, CA 92011
<https://www.gasparpt.com/>

San Diego Center for Oral & Maxillofacial Surgery

Dr. Joel Berger

8008 Frost St. Suite 311
San Diego, CA 92123
(858) 292-5175
<https://www.sdoms.net/>