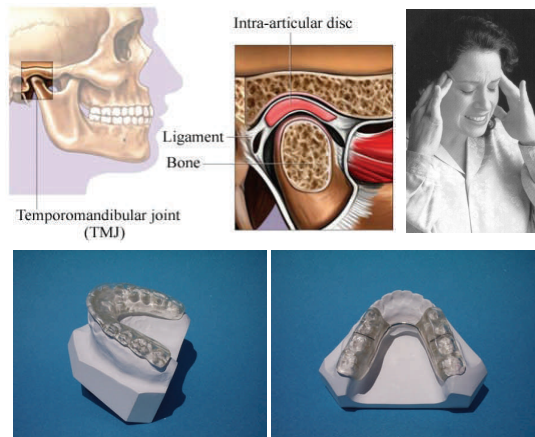


# TEMPOROMANDIBULAR JOINT DYSFUNCTION (TMD)



Temporomandibular Joint Dysfunction, or TMD, is a disorder which has a vast variety of symptoms and causations. Symptoms range from popping, clicking, locking of the jaw, reduced mouth opening, headaches, neck pain, ringing in the ears (tinnitus), or a number of related symptoms. Regarding causation, there is an exhaustive list, with the most common being trauma (i.e. whiplash), microtrauma (i.e. poor occlusion/bite contributing to grinding), stress (psychological or physical), postural problems, nutrition, or hormonal variations. The area of the Temporal Mandibular Joint, or TMJ, is the area of the face that contributes to chewing, bite (occlusion) and jaw movement. Therefore, TMD compromises jaw flexibility and may cause pain at rest or during common movements such as talking, chewing and yawning.

#### TMD relief and treatment:

- Dr. Moshiri believes in conservative management of TMD. Our treatment philosophy combines 2 phases of treatment. The initial phase incorporates splint therapy combined with intensive physical medicine modalities (i.e. chiropractor or physical/massage therapists). The second phase may involve modification of the patients occlusion (bite) via orthodontics or restorative dentistry, or any other necessary treatment depending on the patient's needs. If treatment for your TMD with Dr. Moshiri is not successful, other referrals may be provided.
- Outside of splint therapy and physical medicine, patients should also avoid extreme jaw movements like yawning or singing. Additionally, patients should chew softer foods and stay away from food requiring repetitive chewing or opening movements. In particular, avoid gum, biting into apples and large sub sandwiches, chewing ice, etc.
- Patients should avoid keeping their mouth open for prolonged period of times (i.e. dental appointments)

#### Instructions for wear:

- In order for the splint therapy to be maximally effective, it will be necessary for you to comply with a few guidelines. The goal of splint therapy is to re-coordinate the properly positioned joints and bite relationship, and, therefore, the splint must be worn 24 hours per day in order to achieve this goal.  
*NOTE: It is important to remember that the effectiveness of your splint therapy is directly associated with your compliance to wear your splint as instructed, in addition to your full compliance with physical medicine and associated at home care*
- We recommend removing the splint only to brush your teeth. It also takes time for the corrective changes to occur within the body. Expect utilizing splint therapy on a full-time basis anywhere from three to nine months; it is sometimes necessary to utilize splints for longer periods of time in specific situations.
- We additionally recommend cleaning the splint on a daily basis with your toothbrush and toothpaste. Utilizing denture cleansers like "Efferdent" is recommended by soaking the splint for twenty minutes twice a week. This further aids in keeping your splint especially clean. You may want to occasionally soak you splint in mouthwash, as well.
- Once it is recommended by Dr. Moshiri to decrease wear of the retainer from a full-time to part-time basis, please be sure to place your splint in the case provided to you and NOT in a napkin, as this often leads to the splint being thrown away
- Please keep your splint away from tables and chairs accessible to dogs, as they will think your splint is a chew toy and destroy it

If your splint breaks, becomes loose, or if you have any questions/concern , please call (314) 4-BRACES