



# Patient Instructions

## TMJ/Muscle Spasms

- \_\_\_\_\_ Ibuprofen 600 mg. (3 Advil, Motrin, etc.): 3x daily for 14 days
- \_\_\_\_\_ Muscle relaxant at bedtime for 14 days (if prescribed)
- \_\_\_\_\_ Vicodin as needed for severe pain (if prescribed)
- \_\_\_\_\_ Heat, 30 minutes, 3x daily for 14 days
- \_\_\_\_\_ Soft diet, NO gum chewing for 30 days
- \_\_\_\_\_ Medrol Dosepak (if prescribed)
- \_\_\_\_\_ Night guard from dentist
- \_\_\_\_\_ Rest jaw, avoid clenching
- \_\_\_\_\_ Physical Therapy / Ultrasound (if prescribed)
- \_\_\_\_\_ Re-evaluate in two weeks; call if you have concerns
- \_\_\_\_\_ Other \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Foods to avoid:**

- Pizza
- Chips
- Salad
- Hard breads
- Gum
- Chewy candy
- Solid meats (ground is OK)