

Temporomandibular Joint (TMJ) Dysfunction

Temporomandibular joint dysfunction describes any problems of the jaw joint (in front of the ear). There are a variety of causes, and each may be treated differently. The following conservative measures may be used to alleviate discomfort:

- Relax muscles with a warm compress
- Soft diet: eggs, mashed potatoes, smoothies, etc.
- Avoid chewing gum
- Over the counter anti-inflammatory medications such as Advil or Aleve

