

ACUTE TMJ PAIN PROTOCOL



TMJ & Sleep
Therapy Centre

TAKE RANGES OF MOTION FOR EVERY NEW PATIENT AND AT HYGIENE VISITS

- Max Opening 42-60mm with translation
- Lateral 10-14mm
- Protrusion 6-12mm
- Note deflection or deviation upon opening (Right, Left, Early, Middle, Late)
- Can be done by team in less than 30 seconds

When a patient presents with acute onset TMJ pain please consider the following regimen for up to 2 weeks. If no resolution or worsening of symptoms, please consider a more detailed evaluation.

At first onset of TMJ symptoms or when first reported first line treatment should be conservative reversible modalities. Anti-inflammatories are very effective and recommended. Ibuprofen 600mg qid can be taken. If pain is severe enough Tylenol can be supplemented every 6 hours, 3 hours after taking ibuprofen. Cold compresses can also be very effective up to 4 times a day for 20 minutes. It is wise to avoid sticky, hard, and crunchy foods. Daytime awareness of keeping the teeth apart and breathing through the nose is also very effective in minimizing daytime bruxism. If symptoms persist after 2 weeks with no substantial improvement, then a thorough exam by a dentist with TMJ training is warranted.

If jaw is locked closed the anti-inflammatories (Medrol Dose Pak) can be supplemented with a muscle relaxer prescribed by DDS or MD. Over the counter mouth guards typically do more harm than good so avoiding those would be best. Remember at 6 weeks fibrous adhesions start can start to form ... ACT FAST.

Medications and dosages commonly considered are:

Medication	Dosage	Indication
Ibuprofen	600mg qid	Anti-Inflammatory
Aleve	1-2 tabs bid	Anti-Inflammatory
Ketoprofen ER	200mg daily or 50mg gid	Anti-Inflammatory
Medrol Dose Pak	4mg as directed then taper off with NSAID as well	Anti-Inflammatory
Meloxicam	15mg daily	Anti-Inflammatory
Baclofen	10mg qs (may make patient sleepy so then only at night)	Muscle Relaxer
Klonopin	.5mg tid (for very anxious nervous patient and consider only nightly)	Benzodiazepine
TMJ Compound Pain Cream	(2% baclofen, 10% ketamine, 10% ketoprofen) 180gm in PLO apply to face extra-orally 4 times a day	This must be made at a compound pharmacy, Beacon Pharmacy in town makes it.
Arnica Pain Cream (OTC)	Rub on affected area qid	Anti-Inflammatory
Flonase	1 spray in each nostril daily	Corticosteroid
Xlear Nasal Spray	4 sprays up to 5x daily	Nasal Decongestant
Ayr Nasal Spray	2 sprays daily	Nasal Decongestant
Netti Pot Nasal Rinse or Spray Bottle		Sinus Rinse

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