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## TEMPERO-MANDIBULAR PAIN INSTRUCTIONS

- Chew soft foods and do not chew gum until symptoms are gone.
- Massage the muscles in areas of pain to stimulate blood flow to the area.
- Change sleeping positions. Often teeth are clenched while sleeping and sleeping in a different position may change this pattern.
- Apply warm, moist compresses to the area as much as possible.
- Take 600 mg. of ibuprofen (Advil, Motrin, etc.) 3 times a day with a full glass of water. If you have stomach ulcers then use 500 mg. of Tylenol 4 times a day. Only take this medication for 6-7 days.

If pain persists, please call the office for further help.