



merion village dental
vesha, janikian, voyles

ph 614.443.4400
fx 614.443.8335

1250 south high street
columbus, ohio 43206

| www.merionvillagedental.com

Muscle and Joint Relaxation Instructions

We use our mouths for many activities: talking, eating, yawning, and laughing. When we are not engaged in these we need to allow our jaw muscles and joints to relax. Many people have developed habits that do not permit their jaw muscles or joints to relax sufficiently. The steps listed below will help you learn how to relax these muscles and joints and reduce the jaw pain you are experiencing.

1. Use hot or cold packs

Apply moist heat, or ice, or a combination of the two to the painful area(s). Most people prefer heat, but if that increases your pain, use either a combination or the ice alone. Apply moist heat for 20 minutes two to four times each day. Wet a towel with very warm water, keeping it warm by wrapping it around a hot water bottle or by placing a piece of plastic wrap and a heating pad over it. The towel can also be rewarmed in a microwave oven or under very warm tap water.

- Use the combination of heat and ice 2-4 times a day. Apply the heat as recommended above for 10 minutes then lightly brush the painful area with an ice cube wrapped in a washcloth. Repeat this sequence 4-5 times.
- Apply ice wrapped in a thin washcloth to the painful area until you begin to feel some numbness (usually in about 10 min)

2. Eat soft food

Confine your diet to soft foods such as casseroles, canned fruit, soups, eggs, and yogurt. Do not chew gum or eat hard foods (such as raw carrots) or chew foods (such as caramels, steak or bagels). Cut other food into small pieces and chew on both sides of your mouth to reduce the strain on one side.

3. Rest your jaw muscles

Keep your teeth apart and practice good posture.

- When you are not chewing your teeth should never touch (except occasionally when you swallow). Closely monitor your jaw position for signs of clenching. Try placing your tongue lightly on the top of your mouth behind your upper front teeth allowing the teeth to come apart and relaxing the jaw muscles.
- Good head, neck, and back posture help you maintain good jaw posture. Try to hold your head up straight, and use a small pillow or rolled towel to support your lower back. Avoid habits such as resting your jaw on your hand or cradling the telephone against your shoulder.

4. Avoid caffeine

Caffeine stimulates your muscles to contract and, therefore, become more tense. Caffeine and caffeine like drugs are in coffee, tea, most sodas, and chocolate. Decaffeinated coffee also has some caffeine.

5. Watch your habits

Avoid oral habits that put strain on the jaw muscles and joints. These include, among other things, clenching the teeth; grinding the teeth (bruxism); touching or resting the teeth together; biting your cheeks, lips or objects you put in your mouth, pushing the tongue against the teeth and tensing the jaw.

6. Sleep smart

Avoid sleeping habits that strain your jaw muscles or joints. Don't sleep on your stomach, and if you sleep on your side, keep your neck and jaw aligned.

7. Don't open side

Until the pain has been reduced, avoid activities that involve opening the jaw such as wide yawning, yelling, and prolonged dental treatments.

8. Using medications

Use anti-inflammatory and pain-reducing medications like Aleve (Syntex Laboratories), ibuprofen Tylenol (McNeil Laboratories), aspirin (without caffeine), and Percogesic (Proctor and Gamble) to reduce joint and muscle pain. Avoid medications with caffeine, such as Anacin (Whitehall), Excedrin (Bristol-Myers Squibb Company) or Vanquish (Glenbrook).

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