

MUSCULAR (MYOFASCIAL) PAIN/TEMPORO-MANDIBULAR JOINT PAIN (TMJ)

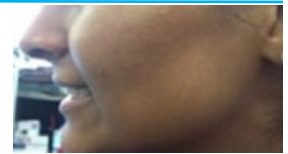


ASK

- Do you have chest and jaw pain, which is worse on exertion?
- Is there a loss of vision?
- **SEE ALERT**

Signs/symptoms of TMJ pain:

- Have you been particularly stressed lately?
- Are you conscious of grinding or denching your teeth?
- Do you have pain from multiple teeth?
- Is the pain worse around the jaw joint or temples?
- Have you noticed clicking/crunching/pain in your jaw joint when opening or closing your mouth?
- What provokes and relieves the pain?
- Do you take any antidepressants or antipsychotic medication?



ADVICE

- Reassure - Clenching/grinding of teeth (bruxism) is common in periods of stress or due to some medications (as above). This can be subconscious; a nightguard from the dentist may help if this occurs during sleep
- Relaxation therapy (e.g., yoga, meditation) can help with reducing stress
- Soft diet for 2 weeks (and cut food into smaller pieces)
- Limit opening of the mouth when yawning or eating (place fist under chin for support)
- Avoid recurrent chewing habits e.g., chewing gum, fingernail biting
- Ibuprofen (gel rubbed onto the skin of the face or taken in tablet form), if not contraindicated
- Warm or cold compress over affected area (but not at the same time as ibuprofen gel as this can affect absorption of the medicine)
- Jaw exercises can help with improving symptoms (e.g. <https://tinyurl.com/mwwn8f8y> from King's College Hospital)
- Massaging sore areas of the face e.g., temples



FOLLOW UP

- If dental/jaw symptoms persist – seek dental assessment



ALERT

- Awareness of the symptoms and [management of angina](#)
- Loss of vision with temple pain may be at risk of [giant cell \(temporal\) arteritis](#). Risk of vision loss. Seek urgent medical care
- If symptoms worsen, seek dental assessment as other interventions may be indicated e.g., bite guard



PHARMACY PRODUCT

- Paracetamol
- Ibuprofen
- Hot/cold compress
- Sugar free oral suspension analgesics

PHARMACY DENTAL FACT SHEET