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Family and Cosmetic Dentistry

Acute Muscle Spasm &/or TMJ pain

What is an “Acute muscle spasm?”

An acute muscle spasm involves intense contraction of one or more chewing muscles and can last days to weeks. When these muscles are overworked, typically due to clenching and grinding, they can become fatigued and cause pain or stiffness. This pain can manifest in the jaw, cheek area, or even as ear pain.

What is TMJ pain?

Temporomandibular joint pain refers to pain in or around the jaw joint adjacent to the ear. TMJ pain can be chronic or transient, and is caused by a number of different disorders involving the structures of the joint. Often times, pain is associated with a clicking/popping sound.

What is the treatment protocol?

Treatment is variable, and depends on your specific diagnosis. Some patients have joint disorders, commonly known as TMJ or TMD, others have muscular disorders, and some may have both.

What can I do at Home?

Do's	Don'ts
<ul style="list-style-type: none">• Soft food diet• Moist heat compress 15min 3-4x/day• Massage Therapy• Reduce stress• 200-400mg Advil/Ibuprofen every 4-6hrs for the first 3 days if needed	<ul style="list-style-type: none">• Hard, crunchy, chewy foods• Chew gum• Open wide• OTC Soft nightguards

Do I need to Follow up?

The symptoms should diminish significantly within three or four days, and gradually go away completely. If the symptoms worsen, or do not improve significantly within one week, please call our office 317-844-0592.