	เอกสารคำแนะนำ การปฏิบัติตัว ภายหลังการ รักษา (Patient Instruction)	Patient Name
KDC-PI TMDs ENG	Temporomandibular Disorders (TMDs)	DN.

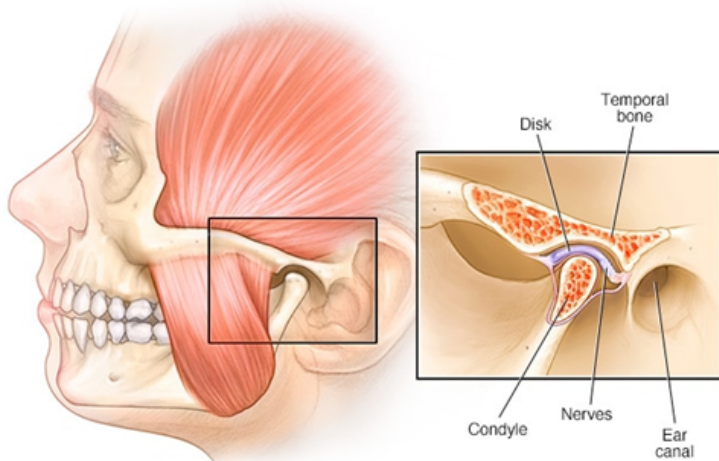
Please follow the instructions marked by the dentist only because not all instructions are appropriate for you. Most of the treatments require your compliance, therefore the instructions should be strictly followed.

Things to avoid

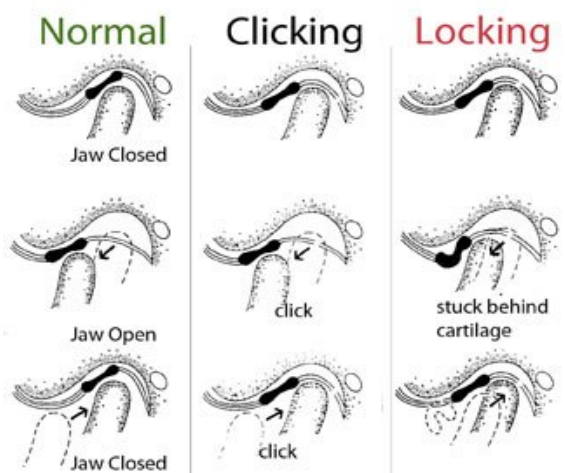
- Excessive mouth opening e.g. yawning, yelling, laughing.
- Prolonged mouth opening e.g. long dental chair time, singing, praying.
- Move your jaw around excessively to assess click, pain or motion. Avoid habitually maneuvering the jaw into positions to assess its comfort or range. If a click is present avoid performing jaw movements to produce the click.
- Resting your jaw in your hand or holding your phone to your ear using your shoulders.
- Excessive chewing e.g. gums, nails, pen tops, your cheek or lip.
- Sleeping on your side or your stomach. Try to sleep on your back.
- High impact exercises especially to the jaws e.g. boxing, rugby.
- Hard, sticky or crunchy food e.g. pretzels, raw carrots, ice. Choose softer food and only those food that can be chewed without pain. Cut food into smaller pieces.

Things to do

- Chewing on both sides to distribute loads on the joints and muscles.
- Practice good posture to reduce or prevent your neck and jaw pain.
- Be aware when you are clenching during daily activities such as driving, studying, computer work, reading, at work, stress or engaging in athletic activities. Keep your teeth slightly apart by puffing your cheeks as often as you can to relieve pressure on the jaw. Avoid tooth contact except during chewing and swallowing.
- Apply moist heat pack on the painful area(s) for 20-30 minutes every 10 mins or at least 2 times a day.
- Apply ice pack on the painful area(s) for 5 minutes every 2-3 minutes for the first day.
- Do the jaw exercise(s) as instructed.
- Take medications as prescribed.
- Wear an occlusal appliance.
 - At night time
 - All day long (night time and day time) except during meals
- Others



Temporomandibular joint (TMJ)



Disc Displacement in TMD