

ICE / HEAT THERAPY

ICE FOR 10 MINUTES

- Use ice in a Ziploc bag or water bottle. Hold over TM joint (if ice is too cold wrap in a towel.) A bag of frozen peas also works nicely.
- During this time, slowly open and close mouth (2-3 times per minute.) As the ice starts to relieve the pain, stretch open to try and increase maximum opening.

MOIST HEAT FOR 10 MINUTES

- Heat a wet towel in microwave until it is tolerably warm, or dip into heated bowl of water, or run under hot tap water. Hold on TM joint. If towel starts to cool, heat again.
- During this time, slowly open and close mouth (2-3 times per minute.)
- Alternate ice and heat. Repeat as many times as needed to relieve pain.

- 600 mg of Ibuprofen every 6 hours for the next 4 days
- 400 mg of Ibuprofen every 6 hours for the next 4 days