

## ACUTE TMJ PAIN PROTOCOL

### TAKE RANGES OF MOTION FOR EVERY NEW PATIENT AND AT HYGIENE VISITS

- Max Opening 42-60mm with translation
- Lateral 10-14mm
- Protrusion 6-12mm
- Note deflection or deviation upon opening (Right, Left, Early, Middle, Late)
- Can be done by team in less than 30 seconds



**PAIN AND SLEEP**  
Therapy Center

When a patient presents with acute onset TMJ pain please consider the following regimen for up to 2 weeks. If no resolution or worsening of symptoms, please consider a more detailed evaluation.

At first onset of TMJ symptoms or when first reported first line treatment should be conservative reversible modalities. Anti-inflammatories are very effective and recommended. Ibuprofen 600mg qid can be taken. If pain is severe enough Tylenol can be supplemented every 6 hours, 3 hours after taking ibuprofen. Cold compresses can also be very effective up to 4 times a day for 20 minutes. It is wise to avoid sticky, hard, and crunchy foods. Daytime awareness of keeping the teeth apart and breathing through the nose is also very effective in minimizing daytime bruxism. If symptoms persist after 2 weeks with no substantial improvement, then a thorough exam by a dentist with TMJ training is warranted.

If jaw is locked closed the anti-inflammatories (Medrol Dose Pak) can be supplemented with a muscle relaxer prescribed by DDS or MD. Over the counter mouth guards typically do more harm than good so avoiding those would be best. Remember at 6 weeks, fibrous adhesions start can start to form ... ACT FAST.

Medications and dosages commonly considered are:

<b>Medication</b>	<b>Dosage</b>	<b>Indication</b>
<b>Ibuprofen</b>	600mg qid	Anti-Inflammatory
<b>Aleve</b>	1-2 tabs bid	Anti-Inflammatory
<b>Ketoprofen ER</b>	200mg daily or 50mg tid	Anti-Inflammatory
<b>Medrol Dose Pak</b>	4mg as directed then taper off with NSAID as well	Anti-Inflammatory
<b>Meloxicam</b>	15mg daily	Anti-Inflammatory
<b>Baclofen</b>	20mg tid (may make patient sleepy so then only at night)	Muscle Relaxer
<b>Klonopin</b>	.5mg tid (for very anxious nervous patient and consider only nightly)	Benzodiazepine
<b>TMJ Compound Pain Cream</b>	(2% baclofen, 10% ketamine, 10% ketoprofen) 180gm in PLO apply to face extra-orally 4 times a day	Anti-Inflammatory, Muscle Relaxer, Analgesic <i>(This must be made at a compound pharmacy, Beacon Pharmacy on Edison Road in town makes it.)</i>
<b>Arnica Pain Cream (OTC)</b>	Rub on affected area qid	Anti-Inflammatory
<b>Flonase</b>	1 spray in each nostril daily	Corticosteroid
<b>Xlear Nasal Spray</b>	4 sprays up to 5x daily	Nasal Decongestant
<b>Ayr Nasal Spray</b>	2 sprays daily	Nasal Decongestant
<b>Netti Pot Nasal Rinse or Spray Bottle</b>		Sinus Rinse

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