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Facts About TMJ Treatment

1. Dealing with pain can be very difficult. Are you trying to get through your day with pain you feel every hour of your day? You may have TMJ or TMD Disorder of the jaw. Are you suffering from any or all of these symptoms:
 - a. Headache, jaw, ear, or facial pain
 - b. Being unable to open the mouth comfortably
 - c. Clicking, popping or grating sounds in the jaw joint
 - d. Locking of the jaw when attempting to open the mouth
 - e. A bite that feels uncomfortable or “off”
 - f. Neck, shoulder and back pain
 - g. Trouble sleeping
 - h. Numbness in the fingertips
 - i. Clenching or grinding teeth
 - j. Difficulty Swallowing
 - k. Swelling on the side of the face
 - l. Ringing in the ears
 - m. Blocked ears and decreased hearing
 - n. Ear pain
 - o. Dizziness or Vertigo

2. There is a clear 4 step process that is easily administered to treat TMJ:
 - a. Bite Assessment
 - b. Discovering your ideal bite
 - c. Recording your ideal bite
 - d. Achieving your ideal bite with an NTI appliance

3. TMJ treatment requires you to wear an unobtrusive appliance. The appliance is clear and shaped to look like your natural teeth and most of our patients find them very easy to wear. When in place, the appliance (which is similar to a mouth guard) will reposition your jaw into a more relaxed ideal bite. Wearing the will also start to reduce any jaw and facial pain you have been experiencing along with the other symptoms associated with TMJ Syndrome.

4. It is important to bear in mind that occasional discomfort in the jaw joint or chewing muscles is common, and is not always a cause for concern. Many people with certain TMJ problems get better without treatment. Often the problem goes away on its own in several weeks to months. However, if the pain is severe and lasts more than a few weeks, we will need to see you for a simple evaluation to effectively help you.