



TMJ & Sleep Therapy Centre  
of New Hampshire

### **TMD Homecare**

- Take Ibuprofen. You may take up to 800mg every 4 hours with food, as needed for discomfort.
- Cut food into small pieces.
- Do not chew gum.
- Avoid chewy, sticky and hard crunchy foods.
- Do not open too wide, even when yawning.
- Try using heating pads. Use 20 minutes on and 20 minutes off.
- Also, you may try ice packs. Use 20 minutes on and 20 minutes off.