

TMJ Orthotic Home Care

1. Brush and floss before wearing the orthotic at bedtime.
2. When waking up, clean the orthotic with a toothbrush, soap and water.
3. After rinsing, submerge the appliance in a clean glass of water until next use.
4. Submerge the appliance in hydrogen peroxide for one hour once every week. Then rinse and keep it in the water
5. If you experience pain, stop using and call the office for additional adjustment.

Foods to Avoid When You have TMJ Problems

1. Any hard or crunch foods.
2. Most of the nuts including almonds
3. Crunch raw vegetables including raw carrots
4. Pop Corn, unpopped kernels
5. Crunch chips
6. Rough meat
7. Gums
8. Meat Jerkey