



# HELENA FAMILY DENTISTRY

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## **Treatment for your Jaw Pain**

Pain in the face and jaw can occur when the jaw joints, chewing muscles, and the fit of the teeth are not working together properly. Pain can occur if you clench or grind your teeth, have trauma to the jaws, have a pathologic condition within or around the jaw joints, or have degenerative changes in the joint, such as arthritis. These conditions may cause changes within the joint or move it out of proper alignment. This can result in pain, popping or clicking of the joints, headaches, and locking of the jaws in a closed or open position.

Most patients can be treated with conservative measures which include:

- Soft diet
- Anti-inflammatory/pain medication (ibuprofen)
- Muscle relaxants (if prescribed)
- Hot and cold compress
- Physical therapy
- Occlusal splint/night guard
- Dental treatment (bite adjustments, dental restorations)
- Orthodontic treatment