

# Muscular (myofascial) pain / jaw joint pain



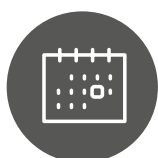
## ASK YOURSELF?

- Do you have chest and jaw pain, worse on exertion?
- Is there loss of vision?
- SEE ALERT Signs /symptoms TMJ pain:
- Have you been particularly stressed lately?
- Are you conscious of grinding or clenching your teeth?
- Do you have multiple teeth pain?
- Is the pain worse around the jaw joint or temples?
- Have you noticed clicking/crunching /pain in your jaw joint when opening or closing your mouth?
- What provokes and relieves the pain?
- Do you take any antidepressants or antipsychotic medication?



## ADVICE

- The clenching/grinding of teeth (bruxism) is common in periods of stress or due to some medications (as above)
- Try a soft diet for 2 weeks (and cut food into smaller pieces)
- Limit opening of the mouth when yawning or eating (place fist under chin)
- Avoid recurrent chewing habits e.g. chewing gum, fingernail biting
- Ibuprofen (gel rubbed onto the skin of the face or taken in tablet form), if not contraindicated
- Warm or cold compress over affected area
- Massaging sore areas of the face e.g. temples
- Try to chew evenly on both sides – chewing more on the unaffected side can worsen the painful side due to the way the jaw works. Small mouthfulls of food, chew evenly, soft food



## FOLLOW UP

- If dental/jaw symptoms persist – seek dental assessment



## ALERT

- Awareness of the symptoms and management of angina
- Loss of vision with temple pain may be at risk of giant cell (temporal)arteritis. Risk of vision loss. Seek urgent medical care
- If symptoms worsen, seek dental assessment as other interventions may be indicated e.g. bite guard



## SELF CARE

- Paracetamol
- Ibuprofen
- Hot/cold compress
- Sugar free oral suspension analgesics