

Patient Information

DIET FOR PATIENTS WITH TEMPOROMANDIBULAR DISORDERS

<u>Advised</u>	<u>Not advised</u>
Bread: brown or white bread (crusts removed) and soft rolls	Bread: avoid baguettes, bagels, hard rolls
Desserts: all soft puddings	
Dairy foods and eggs: cottage cheese, milk, ice cream	
Fish: any cooked fish	
Fruits: any canned or stewed fruit. Melon, bananas, apples etc., but cut into thin slices	Fruits: avoid whole apples or other hard fruits
Liquids: all beverages; fortified 'liquid meals' are recommended	
Meats: any easily chewed meat such as mince, chicken	Meats: avoid steak or any meat that requires excessive chewing
Miscellaneous: any of the variety of nourishing mixtures that can be mixed in a blender (milk shakes, fruit or vegetable blends)	Miscellaneous: no hard or chewy sweets, no gum
Pasta: any cooked pasta	
Soups: any type of soup	
Potatoes: mashed, baked or boiled	
Vegetables: any cooked fresh frozen or canned vegetables	Vegetables: avoid raw vegetables, e.g. carrots, and corn on the cob

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General advice for patients with a TMD

1. Cut all food into small bite-size pieces. DO NOT open your mouth any wider than necessary.
2. DO NOT eat hard crusts of bread, tough meat, raw vegetables, chewing gum or anything that requires prolonged chewing.
3. DO NOT bite any food with your front teeth, especially with your mouth open wide (i.e. bite into an apple).
4. Use hot and cold compresses: a hot water bottle wrapped in a towel for 5 minutes; frozen peas in a towel for 1 minute. Repeat this cycle two or three times.
5. Use an anti-inflammatory gel massaged in front of the ear, over the joint. These contain ibuprofen absorbed through the soft tissue and some products also contain levomenthol, which stimulates blood flow.
6. Rest your jaw as much as possible.
7. Once your pain has resolved, an exercise programme might be used but undertake this ONLY upon the direct advice of your clinician.
8. Do not keep trying to stretch your mouth widely if you feel that your movement is 'tight' or restricted.
9. If your jaw feels locked do NOT try to force it open.

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EXERCISE PROGRAMME FOR PATIENTS WITH TMD

Only do this on the advice of your clinician.

Vertical movement

Place your hand under your chin. Open your mouth to half maximum. Try to close your mouth with your hand but forcibly resist this movement with your jaw. Hold for 10 seconds. Relax and repeat five times.

Lateral movement

- Place your hand on the side of your chin, opposite the affected side. Move your jaw towards your hand. Try to push your jaw back to the midline with your hand but forcibly resist this movement with your jaw. Hold for 10 seconds. Relax and repeat five times.
- Stand in front of a mirror and open and close your mouth to the maximum comfortable range. If your jaw moves to one side, then place your hands on each side of your jaw and apply pressure as appropriate to encourage your lower jaw to open straight. Repeat five times.
- With your mouth slightly open, put your tongue to the outside of your upper teeth on the opposite side to the affected joint. Hold this position for 10 seconds. Relax and repeat five times.

Protrusive movement

Hold a tongue spatula or any other safe flat object, such as a spoon handle, at a 45° angle downwards between your upper and lower teeth with them slightly parted. Push your lower jaw forwards to your maximum along the spatula/ handle. Make sure that your lower jaw moves in a straight pathway and does not deviate to one side or another. Hold for 10 seconds. Relax and repeat five times.

Perform each exercise in the morning and at night. Morning is important. Do each exercise for about a minute and then gradually build up in time. Operate out of your 'comfort zone' but not to the extent that you cause pain. Your jaw movement has been restricted and will take time to improve.