

INSTRUCTIONS FOR RELIEF OF MYOFASCIAL PAIN:

Following instructions as designated for you will hasten recovery and prevent complications. Below are additional tips for muscle relaxation and pain control. If you have any questions or problems call our office for assistance.

MUSCLE RELAXATION:

- Keep your teeth separated and jaw relaxed (check frequently). Never let teeth touch except when eating or swallowing.
- Don't stretch muscles by opening too wide or by moving the jaw side-to-side. Don't position lower jaw forward or to the side.
- To relax your jaw muscles, place the tip of your tongue behind your lower front teeth, then let your tongue relax completely.
- Soft diet - avoid crunchy foods such as raw apples, raw vegetables, nuts, etc. Take small bites to avoid wide opening.
- Don't bite nails, cheeks, hold pencils or other items in your mouth.
- Keep your shoulders down (check frequently). Push your shoulders straight down & relax.
- Breathe deeply from you abdomen, hold 2-3 seconds, exhale. Let your shoulders & jaw sag.
- Exercise - 30 minutes, five times/week. The very minimum exercise is walking 30 minutes, five times/week. Low impact aerobic exercise is preferred.
- Avoid caffeine from all sources to help with relaxation (coffee, tea, cola, etc.).

PAIN CONTROL:

- Take Aspirin, Tylenol, Nuprin, or other pain relievers to keep pain low so muscles can relax (only when absolutely necessary).
- Apply heat to the area of pain on the face with heating pad (moist heating pad preferred), for 15 to 30 minutes at least twice a day.
- Apply a cold pack to the area of pain at least twice each day for 10 to 15 minutes on each application.
- Open mouth as wide as possible without pain or strain and hold open for 5 seconds, then close halfway and rest for 5 seconds - repeat 15 times. Do this 3-4 times daily.
- Throughout the day if tightness is felt or headache begins, stretch muscles in the back of the neck. Place chin at center of chest, keep chin in this position and tip top of head to side until pulling is felt in back of neck. Hold stretch for 15 seconds. Next tip head to opposite side and hold for 15 seconds. Repeat this side-to-side stretch 5 times.
- Apply cold pack or heat to back of neck and base of the skull (cold 10-15 minutes and heat 15-30 minutes). Repeat as needed to decrease tightness of muscles or to control headache.