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### **TMJ Protocol**

- \*Soft Food Diet
- \* No Chewing Gum
- \*No Opening Wide
- \*Moist Heat 10 minutes then, Ice Pack 5 minutes, back and forth, 3 times in a row, per sitting (1-2 times per day).

### **TMJ Medication**

- \*Flexeril 10 mg x 8, 1<sup>st</sup> night, take ½ tablet at bedtime to see effects. If able to wake easily next morning then, next night take 1 whole tablet at bedtime until all taken, or until joint/s return to normal. Take ½ tablet per night or 1 full tablet per night, based on above results for you.
- \*Valium 2 mg x 21, 1 tablet 3 times per day.
- \*Motrin 600 mg x 28, 1 tablet every 4-6 hours as needed for pain.