



## MYOFACIAL PAIN DYSFUNCTION (MPD)

Handout (H-10) 07/17/06

### SELF HELP:

1. Don't chew gum.
2. If you catch yourself grinding your teeth, put your tongue in between your teeth and try consciously to correct yourself.
3. Do not sleep on one side.
4. Use orthotic pillow.
5. Exercises (not with displaced disc)
6. Apply wet heat at bedtime 15 minutes at a time.
7. Rx muscle relaxer.
8. Avoid caffeine and sugar.
9. Use good posture
10. Ibuprofen 600mg (4 x daily)

### TREATMENT:

1. Occlusal evaluation, panorex, study models.
2. Occlusal splint adjust after 1st week, 3rd week, and 5th week, etc. up to 3 months (15 minute appointments).
3. Equilibration of teeth as indicated.
4. Other options:
  - Orthodontics
  - Full Mouth Rehabilitation
  - Surgery