



Patient Instructions

Do you Clench and Grind?

Clenching and grinding typically occurs while you are sleeping at night or during periods of concentration during the day. Oftentimes both are a **reaction to stress** in our lives.

Your teeth should never be touching unless you are eating. If you find yourself clenching during the day while concentrating at work or working out at the gym for example, it is suggested that you place your tongue between your teeth to help remind yourself not to clench down.

If you are dealing with generalized tenderness or a dull ache in your jaw, joint or teeth, the following can be done to help soothe these areas.

- ❖ Warm up a wet washcloth to use as warm compress on both sides of your face including your TMJ. Place in these areas for 15-20 minutes at a time. After heating the areas, massage the muscles around your joint, temples, under your eyes and under your jaw.
 - This can be done as many times as helpful throughout the day. Ideally it is always done when you wake up in the morning and before you go to sleep at night
- ❖ You can also consider taking ibuprofen (an anti-inflammatory) around the clock (every 4-6 hours) for 2-3 days to help reduce the inflammation and reduce discomfort.

At times, we also recommend a nightguard to help alleviate the discomfort associated with clenching and grinding. Nightguards also protect your teeth from wearing down or cracking due to clenching and grinding.

- ❖ If you would like to have a nightguard, the front desk can check if you have insurance coverage and give you an estimate