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General Dentistry
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What are the signs and symptoms of TMJ syndrome?

The main symptom of TMJ syndrome is pain in the jaw joint. This joint is located just in front of the ear and pain associated with TMJ syndrome may involve the face, eye, forehead, ear, or neck. Signs and symptoms of TMJ syndrome include:

Pain in the jaw, especially at the area of the joint
Popping/clicking of the jaw
Ear pain, Headaches, Blurred Vision
Ringing or popping sounds in the ears
Tight or sore jaw or neck muscles
Shoulder pain
Locking or dislocation of the jaw (usually after widely yawning)

How is TMJ syndrome treated?

Many symptoms of TMJ syndrome can respond well to home remedies or stress reduction and relaxation techniques. You may find relief with the following home remedies:

Ice or cold packs to the area of the joint
Over-the-counter (OTC) nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Advil, Motrin), or naproxen (Aleve)
Eating soft foods and avoiding chewing gum
Massage or gentle self-stretching of the jaw and neck muscles
Relaxation techniques and stress reduction

When home remedies are not effective, medical treatment options may be necessary. These include:

Dental splint (occlusal splint or stabilization splint or bite guard), which is a dental appliance placed in the mouth that keeps the teeth in alignment and prevents tooth grinding.
Ask your hygienist or Dr. Sung about this appliance!
In severe cases, surgery on the jaw or dental surgery may be necessary.
Prescription-strength pain medicines, muscle relaxers, or anti-inflammatory medications may be necessary.