

TMJ and Facial Pain



TMJ – the temporomandibular joint – is located in front of your ear where the skull and lower jaw meet.

Symptoms may include:



Difficulty opening and closing the mouth



Jaw and cheekbone pain



Pain or a tired jaw when eating



Earaches or ringing in the ears



Headaches



Popping or clicking sounds when opening and closing the mouth



Changes in bite



Pain behind the eye



Problems moving the jaw side to side or forward



Pain when touching the TMJ area or jaw muscles

Did you know?

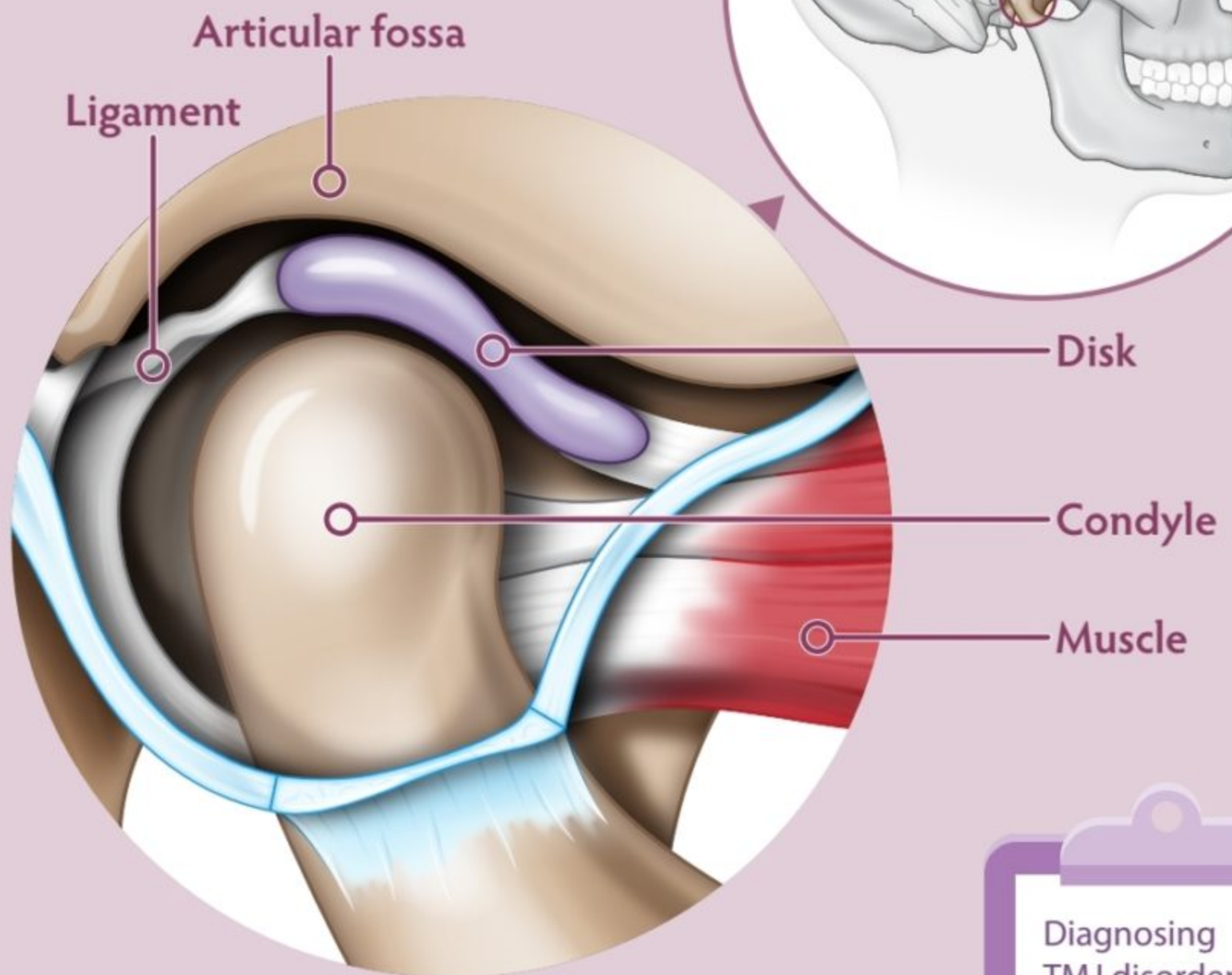
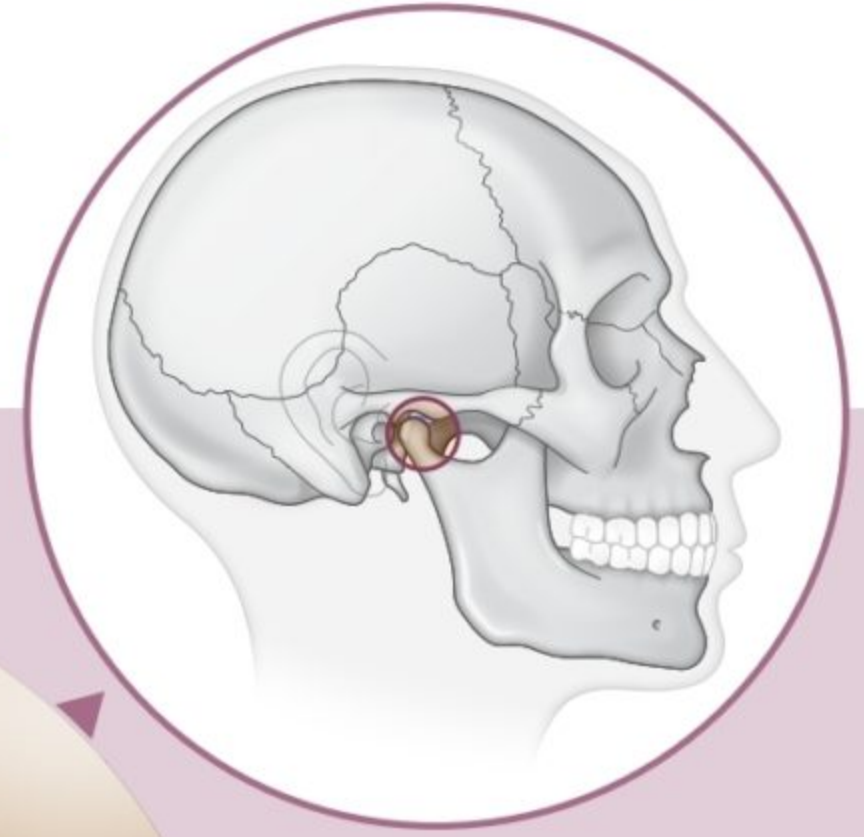


The TMJ is the **most constantly used joint** in the body. It allows your lower jaw to move and function.



If the TMJ is impaired,

a condition called **Temporomandibular Disorder (TMD)** results.



If **non-surgical treatment is unsuccessful** or if there is **clear joint damage**, surgery may be needed.

Diagnosing TMJ disorders can be complex and may require different diagnostic procedures.

Treatments may include:



Short-term use of non-steroidal anti-inflammatory drugs for pain and/or muscle relaxation



Bite plate or splint therapy



Stress management counseling



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