

Temporomandibular Joint Disorder (TMJD) Information Sheet

What is TMJD? Temporomandibular Joint Disorder, commonly known as TMJD or TMD, refers to conditions affecting the jaw joint (temporomandibular joint) and the surrounding muscles that control jaw movement.

Symptoms of TMJD:

- Jaw pain or tenderness
- Clicking or popping sounds in the jaw
- Difficulty opening or closing the mouth fully
- Jaw locking (open or closed position)
- Facial swelling
- Earaches or ringing in ears
- Headaches or neck pain

Common Causes:

- Injury or trauma to the jaw or face
- Arthritis
- Teeth grinding or clenching (bruxism)
- Misaligned bite or dental issues
- Stress-related muscle tension

Diagnosis:

- Clinical examination of jaw movement
- Assessment of dental bite alignment
- Imaging studies (X-rays, CT scans, MRI)

Treatment Options:

- **Conservative treatments:**
 - Pain relievers or anti-inflammatory medications
 - Muscle relaxants
 - Oral splints or night guards
 - Physical therapy
 - Stress management techniques
- **Advanced treatments:**
 - **Arthroscopy:** A minimally invasive surgical procedure using a small camera to diagnose and treat joint conditions. This technique allows the surgeon to identify problems directly and perform minor repairs with less discomfort and quicker

recovery than open surgery.

- **Open-joint surgery:** Typically considered only in severe cases where other treatments have failed. It involves directly accessing the joint to repair, reposition, or replace damaged structures, requiring longer recovery periods.
- **TMJ Replacement:** This procedure involves completely replacing the damaged temporomandibular joint with an artificial joint made from biocompatible materials. It is typically recommended in severe cases where the joint is extensively damaged, providing improved function, pain relief, and restoring normal jaw movement.

Self-Care Tips:

- Apply ice or heat packs to relieve pain
- Eat soft foods and avoid excessive chewing
- Practice relaxation and jaw-stretching exercises
- Avoid wide yawning or extreme jaw movements

When to See a Specialist: If you experience persistent jaw pain, limited jaw movement, or other significant symptoms, consulting with an oral surgeon or specialist in TMJD is recommended.