



General advice for patients with a TMD

1. Cut all food into small bite-size pieces. DO NOT open your mouth any wider than necessary.
2. DO NOT eat hard crusts of bread, tough meat, raw vegetables, chewing gum or anything that requires prolonged chewing.
3. DO NOT bite any food with your front teeth, especially with your mouth open wide (i.e. bite into an apple).
4. When the pain is acute, hot and cold compresses can be used, such as frozen peas for a minute wrapped up in a towel followed by a hot water bottle for 2–3 minutes, repeating this cycle two or three times

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