

**Eastern Carolina ENT Associates, PA
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**Lifestyle Modification for TMJ
(Temporomandibular Joint Syndrome)**

1. Rest your muscles in joint in your face by eating soft foods that do not require a lot of chewing.
2. Do not chew gum.
3. Avoid clenching or tensing your jaws.
4. Relax your muscles with moist heat 1/2 to 1 hour twice daily.
5. Wear a mouth guard at night for patients who grind their teeth.
6. Try and relieve stress when ever possible.