



505 Dunn Street
P. O. Box 66
Houma, LA 70360
PH: 985-872-0423

A Professional Medical Corporation
Chad M. Simon, M.D.
David L. Hagen, M.D.
Matthew G. Beyer, M.D.

1125 Audubon Ave.
Thibodaux, LA 70301
PH: 985-448-1030

T.M.J.
JAW JOINT PAIN PROTOCOL

1. Warm compresses for fifteen minutes, four times a day for swelling and pain.
2. Soft diet--mashed, chopped or pureed foods are recommended. The least amount of chewing and biting of foods the better.
3. Use Advil or Motrin (over the counter) as directed on the box for pain.
4. If gritting of teeth, jaw alignment problems, or persistence of jaw pain exist, consult your dentist for follow-up treatment.