

# CENTRAL ARKANSAS

## Ear, Nose & Throat Clinic

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### TEMPORAL MANDIBULAR JOINT (TMJ) SYNDROME REGIMEN

1. Take Advil, Motrin or Ibuprofen 600 mg. 3 times a day with food.
2. Liquid diet- no food more solid than Jell-O for 4-5 days
3. Heat to the area 10 minutes each ½ hour with heating pad.
4. See your dentist.

Collie Shaw, MD

Ralph Marrero, MD

*Board Certified in Otolaryngology*

*Services Include Head and Neck Surgery & Allergy Testing and Treatment*

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