Treatments for Temporomandibular Disorders (TMD)

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En Español (Spanish Version)

The goals of treatment for TMD syndrome include:

- Relief of pain
- Increased mobility of joint
- Reversibility of treatment in the event that it doesn’t actually relieve symptoms

Most doctors feel strongly that good, careful treatment for TMD should only include techniques that are simple and potentially reversible. Although a variety of treatments have been touted for TMD treatment, most doctors feel the more extreme, complex treatments have not proven helpful in the long term. They also note that some of these treatments, such as surgery, can have long-term negative effects.

Treatment may involve the following:

- Lifestyle changes
- Medications
- Other treatments

Surgery is rarely recommended for TMD. If you are advised to have surgery, get a second opinion. If surgery is recommended, carefully research its benefits.

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