

## **TMJ GUIDELINES**

- Avoid extending your jaw fully over the next week.
- When you yawn, modify it slightly so it doesn't hit the farthest reach of your open range.
- Do not receive dental work requiring your mouth to be held wide open.
- Avoid large bites of food such as an apple; instead, cut it and eat it in slices.
- Avoid chewing gum.
- Let your jaw find its correct alignment by giving it time in its normal range.