

TMJ—my conclusion at this time

In dental school in the early 1980s almost every patient had TMJ and needed a splint, equilibration (selective grinding of surfaces of the teeth) and/or an extensive restorations or orthodontic treatment. Soon it became obvious that this aggressive treatment was sometimes creating more problems than it solved. That is why is it not done very frequently. Today most dentists see this as a last resort in very difficult and complicated cases where surgery may be the only other option.

The key to successful treatment is seeing the patient as soon as possible after the symptoms begin. Long-standing TMJ problems (months or years) are almost always more complicated and less successfully treated.

Pts who develop overnight symptoms.

How is it treated? Nti, equilibration, surgery, injections, chiropractic, physical therapy
Depending on the situation this can be made at the same visit or impressions may be taken for a custom, lab-fabricated splint. The purpose of the splint is to redirect or balance some of the biting forces to take damaging forces off of the joint or specific muscle groups.

Where can I go for more information?

Is treatment expensive? Will insurance cover it?