



Robert C. Supple, D.M.D. - Tom D. Baiamonte, D.M.D., M.S. - Bethany Hann, D.D.S.

Dear Patient,

We are delighted to welcome you to our practice and appreciate the trust that you have placed in us by scheduling an evaluation of your temporomandibular joint and/or craniofacial pain concerns. We will make every effort to honor that trust by providing the quality of care that you expect and deserve.

A medical history, past and present, is vitally important for your comprehensive evaluation. Please complete and bring the **Patient Registration and Health History** and the **TMJ Patient History** forms at the time of your scheduled appointment.

It is also important for you to request all your current x-rays from your dentist's office. Please ask that your bitewings and panoramic be emailed to digitaldentistrynm@outlook.com. If your panoramic does not provide a view of your jaw joints, we will take a new one.

The purpose of our examination will be to diagnose the cause(s) of your problem and recommend necessary treatment. If you suffer from a TMD, our goals will be to:

- reduce stress to your jaw joint
- reduce inflammation within the joint; and
- relieve muscle spasm

We encourage you to follow the home care instructions which may help alleviate any discomfort that you are experiencing:

1. Ice packs are excellent in reducing pain and muscle spasm. Place an ice pack over the temple area and side of your face for ten (10) minutes, three (3) or four (4) times a day. Icing may be repeated hourly if you are in severe pain
2. Adopt a soft (not liquid) diet. Eat a balanced diet consisting of whole grains, beans, vegetables, eggs, fish, cheese, ground meat and fruit. Avoid salads, apples, chips, corn on the cob, hard breads, raw vegetables, steak. Cut your food into smaller pieces to reduce the need to chew which will eliminate additional stress to your jaw joints. **No gum or ice chewing.**
3. As much as possible, consciously disengage your teeth by keeping them slightly apart except when chewing or swallowing. The rule to remember is **lips together, teeth apart.**

4. Your sleeping posture is vitally important. Sleeping on your back is best and placing a pillow under your knees may add to your comfort. You may also use pillows to support your sides and prevent turning over while sleeping. Do not use firm, full pillows under your head. You may use an orthopedic pillow or a rolled bath towel placed under your neck to reduce head and neck pain. If you sleep away from home, take your neck pillow or towel with you. **Do not sleep on your stomach.** If you must sleep on your side, put a pillow between your knees, a pillow between your arms and keep your head pillow from pressing against your TM joint. Do not sit or sleep under ceiling fans or vents as this will aggravate sensitive muscles and joints.
5. Do not sit with your chin resting on your hand and protect your yawns by placing your fist under your lower jaw to prevent an extra wide opening. Do not support your phone with your shoulder.
6. Avoid perfumes, scented products, dry-cleaning fluids, household cleaners and petroleum products as these chemicals aggravate sensitive muscles and joints.

Your appointment will take approximately two hours. Should you be unable to keep it, please notify us at least 24 hours in advance at **505.294.8869** so that we may offer the appointment to another patient in pain. We will reschedule your appointment at your convenience.

Our staff welcomes the opportunity to assist you in every way possible. If you have any questions that need to be answered prior to your scheduled appointment, please call or email us. We look forward to meeting you and treating your concerns.

Cordially,

Robert Supple, D.M.D.
Tom Baiamonte, D.M.D., M.S.
Bethany Hann, D.D.S.