

To help with jaw discomfort:

Use Advil/Motrin/Ibuprofen at bedtime and throughout the day as needed.

Four times daily:

Moist heat for 20 minutes (use damp cloth in microwave in 5 second increments until warm)

Ice for 5 minutes

Moist heat for 5 minutes

Repeat 4 – 5 times over the course of the day (if possible)