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TMJ/TMD Muscle Spasm Instructions

1. Liquid/Soft diet.
2. Warm/Hot soaks with **Gentle** opening exercises 20 mins. 4x a day, especially after meals.
3. Ibuprofen/Tylenol combination therapy.
4. Blue dots- lips together, teeth apart, and muscles relaxed. From this rule do not depart.
5. Take the following supplements:
 - Vitamin B1: 100mg 2xday
 - Vitamin C: 250mg or 500mg 2x day
 - Magnesium: 400mg 2x day (Magnesium citrate is better absorbed in body)
 - Multi- Vitamin

Do all of these for 2 weeks.