

TMJ and facial pain are characterized by tenderness and pain in the cheekbone area or at the base of the lower jaw. TMJ stands for Temporo-Mandibular Joint. This is the joint where the lower jaw hinges with the upper jaw just in front of the ear. Several factors, including malocclusion (bad bite), bruxism (grinding) and stress, can contribute to TMJ pain. TMJ syndrome can also involve a loud clicking or popping on one or both sides when opening and closing. There also may be sharp pain when biting with force. The short-term treatment for TMJ pain is usually over-the-counter anti-inflammatory medication such as ibuprofen (Advil) in combination with moist hot packs on the tender areas. The longer-term treatment may involve a TMJ splint or night guard to reduce grinding while sleeping.