



Wholehearted Dental

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## Home care instructions for jaw muscle soreness (Myalgia)

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- ☐ Rest your jaw – limit talking, chewing, or wide opening
- ☐ Take non-steroidal anti-inflammatory medication (e.g., Ibuprofen) as needed for pain
- ☐ Keep teeth apart most of the day eg 23 hours and 54 min.  
They should only touch when eating/swallowing.
- ☐ Place your tongue on the roof of your mouth to help keep teeth apart
- ☐ Eat soft foods – avoid hard, chewy, or tough foods
- ☐ Do not chew gum
- ☐ Massage jaw muscles gently
- ☐ Apply moist heat (warm washcloth) for 10–15 minutes at a time