



For Patients With Adverse Musculoskeletal Reactions Following Dental Procedure



Prolonged procedures and mouth opening can cause spasm, pain and inflammation around the TMJ, auricular region and sub-occipital area.

- ◆ Joint, capsule and ligament strain can occur causing arthralgia and spasm with limited opening but no real locking
- ◆ Excessive spasm in the lateral pterygoid from prolonged opening can cause anterior disc displacement resulting in a click (anterior disc displacement with reduction)
Or in severe cases closed lock (anterior disc displacement without reduction).
- ◆ Forceful extractions may disrupt the condyle-disc-fossa relationship causing a click
- ◆ Prolonged opening places high demand on the cranio-cervical spine and may lead to headache or neck pain

Early intervention can quickly settle down flare ups:

- ⇒ **Recommend : Soft diet, NSAIDS, hot packs applied to face and neck**
- ⇒ **If symptoms persist for > 24hrs then referral for specialised physiotherapy is helpful & effective**
- ⇒ **Closed lock (MIO < 35mm with deflection to locked side) responds best to very early unlock techniques. Research suggests that discs not reduced within 2 weeks become very difficult to reduce.**
- ⇒ **Specialised physiotherapy is an effective way to reduce acute locks and settle down pain and spasm**