

TEMPOROMANDIBULAR (TMJ) PAIN-DYSFUNCTION

Please read this information sheet. If you have any questions, particularly about the treatment or potential side-effects, please ask your doctor.

- This is a common condition
- It appears to be related to stress, joint damage or habits involving the teeth and joints (e.g. tooth clenching or grinding)
- It is not inherited
- There are no serious long-term consequences; arthritis does not result
- The symptoms usually clear spontaneously after some months
- Various treatments such as rest, exercises, splints, drugs, or adjustments to the teeth may help.
- Useful websites http://www.aaop.org/TMD/info_intro.htm <http://www.tmjd.com/>

A patient has the right under common law to give or withhold consent to medical examination of treatment. This is one of the basic principles of health care. Patients are entitled to receive sufficient information in a way they can understand about the proposed treatments, the possible alternatives and any substantial risk or risks which may be special in kind or magnitude or special to the patient, so that they can make a balanced judgement. (UK Health Dept. 19.2.99. HSC 1999/031)

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