

## **TEMPOROMANDIBULAR JOINT THERAPY (TMJ) CONSENT**

**Treatment of dental conditions pertaining to the TEMPOROMANDIBULAR JOINT includes certain risks and potential unsuccessful results. There exists the possibility that the TMJ problem may become worse through treatment. The treatment of TMJ problems is perhaps the most difficult procedure in dentistry in which to predict possible outcome. Even though great care and diligence will be exercised in this treatment, it is impossible to make any promises or guarantees of desired results nor can they be expected.**

Disorders of Temporomandibular Joint can mimic other dental and medical problems. A proper diagnosis regarding various symptoms including head and neck pain is very important due to the potential diagnosis of other serious medical conditions such as vascular disorders, brain tumors, cervical disc disorders, etc. It is important to inform our office of any changes in your health history.

1. **Depending on the severity of the condition**, treatment rendered may vary greatly. There is no single right or wrong method of treatment. Engaging the help of a specialist or specialists may become necessary.
2. **TMJ dysfunction has many symptoms, such as:** pain and tightness in the jaw, head and neck; ringing and/or aching in the ears; headaches; clicking; restricted jaw movement; etc. Problems may result from dysfunction of jaw muscles and joints; traumatic injuries such as a blow to the jaw; teeth missing or misaligned; clenching or grinding of teeth; emotional stress; etc. Treatment may be simple such as leveling the bite through spot grinding of the teeth. This treatment could cause tooth sensitivity to develop, which then may require additional dental procedures to be performed.
3. **A comprehensive diagnostic evaluation**, which may include intraoral and extraoral x-rays, including cephalometric x-rays, tomographs, study models, periodontal probing, and clinical charting, is essential to aid in developing the mode of treatment.
4. **Splints/bite planes and other oral appliances** may be necessary to attempt to accomplish a desired result. These are usually fabricated from plastic materials and are worn by the patient for various periods of time as prescribed by the treating dentist. The purpose of this type of appliance is to attempt to position the patient's jaws into a comfortable position. If such a position is determined, a mode of treatment may then be pursued. This may include crowns, bridges, inlays, onlays, or other prostheses. It may be necessary to recommend orthodontic and/or surgical treatment. It is important to follow all instructions related to splint therapy and to be examined regularly. Unsupervised wearing of a splint may cause shifting of the teeth and/or a change in the bite, which may be detrimental and may require extensive reconstruction to correct at the patient's own cost.
5. **Discomfort and/or pain** may be experienced in various degrees as treatment progresses in

the attempt to achieve a successful and satisfactory result. Pain or discomfort may range from oral muscle soreness to numbness of the lips, jaws, tongue, teeth, and/or facial tissues, which numbness is usually temporary, but, rarely, may be permanent.

6. **Engaging the assistance of a specialist may be necessary in diagnosis and/or treatment.** In order to treat patients with TMJ problems, it may be necessary to engage orthodontists, prosthodontists, periodontists, oral surgeons, endodontists, or other dental specialists, as well as physical therapists, medical doctors, neurologists, psychiatrists, psychologists, etc., in the attempt to achieve desired results. This may not become apparent until sometime into the course of treatment. In most cases involving other professional help, this will necessitate additional patient expense.
7. **Length of treatment.** The amount of time it takes to treat TMJ varies based on the severity of the condition and the treatment methods used. Treatment times may also vary based on how an individual responds to treatment. We will explain each treatment method before beginning to determine which best meets your needs. Although most conditions respond well to treatment, general health, stress, degree of tissue injury, posture, age, work habits, and bite relationship can affect the outcome, and total resolution may not always be possible.
8. **Alternatives.** Alternatives to TMJ treatment include doing nothing. Minor TMJ discomfort may go away on its own. Stress relief techniques are also a very common non-surgical method for treating TMJ. Medications may be prescribed to patients to relieve stress and reduce symptoms of TMJ. We also recommend that patients with TMJ refrain from chewing gum as it may cause flare-ups.
9. **It is the patient's responsibility to immediately seek help should any undue or unexpected problems occur and to immediately notify this office if treatment cannot be continued in a timely manner or if any appointment cannot be attended. Absolute patient cooperation is necessary and mandatory during treatment. Patient noncompliance may result in dismissal from the practice.**

If you understand the explanation of the proposed treatment, have asked this provider any questions you may have about this form or treatment, and consent to the treatment, please sign and date this form below. You will receive a copy.

Patient: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_