

GLEN R. KREITZBERG D.D.S., M.A.G.D.

DUSTIN H. KREITZBERG M.S., D.D.S.

353 Veterans Mem. Highway Suite 202

Commack, N.Y. 11725-4233

631-543-5555

631-543-5556 (Fax)

info@drkreitzbergdds.com

www.drkreitzbergdds.com

TMD

- Soft food diet
- No gum chewing
- No clenching or gnashing of teeth
- Stress Management
- No over opening, no yawning without support
- No bad phone habits (cradling phone, not switching sides)
- Good Posture
- Good sleeping position
- Hot & cold alternate Massage
- Overall exercise program

If symptoms continue or worsen, please contact our office to schedule an appointment. The doctor will perform a comprehensive evaluation, depending on your diagnosis, the doctor may recommend further evaluation and treatment including:

- Jaw exercises
- Anti-inflammatories such as Advil, Motrin, etc.
- Muscle relaxants.

We are happy to answer any questions you may have, please do not hesitate to contact our office!