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TMJ recommendations

1. Over the counter muscle relaxant. Used for at least 2 consecutive days as directed, this may cause drowsiness so it's best to use at night time.
2. Night guard use. This will alleviate dental symptoms if you have any. This will not alleviate muscular or joint symptoms if they are a result of clenching.
3. TMJ exercises: <https://www.youtube.com/watch?v=PHfrspO2aj8>