

Saying Goodbye to Jaw Pain: A Guide to TMJ Relief

Wellness

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Jaw pain, stiffness, or clicking can turn simple moments, such as talking, eating, or smiling, into a daily source of discomfort. Known as TMJ pain (temporomandibular joint pain), this condition often stems from stress, teeth grinding, or muscle tension, and can significantly impact your quality of life. While common, it's often misunderstood and left untreated. Fortunately, relief is within reach with the right care and treatment plan.

What Causes TMJ Pain?

TMJ discomfort can arise from several sources. The most frequent culprits include chronic teeth grinding or clenching, misaligned bites, arthritis in the jaw joint, or even stress-related tension. These factors strain the joint and

surrounding muscles, leading to pain that can radiate through the face, neck, and head. Identifying the underlying cause is the first step toward lasting relief.

Not all TMJ pain is the same, which means not every provider is equally equipped to treat it. It's essential to consult a practitioner who understands the joint's complex anatomy and offers a range of solutions—from conservative therapies to advanced procedures. Look for a specialist experienced in neuromuscular dentistry and aesthetic treatments, who can tailor a plan that addresses both function and comfort.

Where Relief Meets Precision

At-home measures, such as applying warm compresses and avoiding hard foods, can offer short-term comfort, but they rarely address the root cause.

To achieve lasting relief, professional treatments are designed to target both the source of the pain and the underlying muscle tension:

- **Botox®** relaxes overactive jaw muscles, reducing clenching and easing strain
- **Orthotic devices** gently reposition the jaw for better alignment and comfort
- **Emface®** enhances facial muscle balance and strength to support joint function, improve muscle tone, promote facial symmetry, relieve TMJ discomfort, and stimulate collagen regeneration.
- **TENSing therapy** delivers mild electrical stimulation to release tension and improve circulation

A customized plan—often combining several of these modalities—can restore balance, relieve pressure, and prevent future flare-ups.

Achieve Lasting Comfort

TMJ pain doesn't have to be part of your daily life. With the right specialist and tailored treatment, you can enjoy lasting comfort, improved function, and a more relaxed, confident smile. Schedule a consultation with Dr. Mimi Yeung at M.Y. Dental Spa to explore the options that best suit your needs.