TMJ dysfunction: Conservative Management of Facial Pain

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ABSTRACT

Objectives: The conservative treatment of temporomandibular disorder is recommended as a basic principle in management by using splint especially anterior disk displacement. The aim of this study is to evaluate the effect of using anterior deprogramming devices in the treatment of TMJ pain. Methods: In a prospective study from 2005-2009, 30 patients with lateral pole anterior disc displacement were included in the study. All patients had full or nearly full complement of natural teeth. They were diagnosed clinically and radiographically by MRI. The patients were classified into 3 equal groups, where for group I the patients wear anterior deprogramming devices, group II patients wear anterior midline stop device and group III patients wear muscle relaxant appliance. Conclusion: This study revealed that anterior deprogramming devices were more rapid and effective in treatment of TMJ dysfunction than anterior midline stop device. Conclusions: It can be concluded that anterior deprogramming devices were more rapid and effective in treatment of lateral pole anterior disc displacement of TMJ.

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