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To: All Dental Practices in Derbyshire and Nottinghamshire

Dear Colleague

Management of Temporomandibular Disorder (TMD)

TMD is a common problem managed in daily practice by General Dental Practitioners (GDP's). The Managed Clinical Network (MCN) in Oral Surgery would like to advise dentists of the following initial management guidelines prior to referral for ongoing care by specialist providers.

Patient assessment should include a pain score (0-10), mouth opening between the incisors in mm and locking frequency daily recorded at every visit. Similarly sites of pain should be recorded.

1 – Simple click requires reassurance only and does not require any treatment

2 – Initial management of TMJ pain, locking and restriction should usually be carried out in primary care and should include:

- “rest” the joint
- Topical NSAIDs applied over the joint 4 times daily
- Lower soft BRA or suitable full coverage occlusal appliance to be worn every night
- Massage of areas of muscle spasm 4 times daily
- This advice can be supplemented with the attached self management advice sheet.

If there has been no improvement in pain levels, mouth opening and locking frequency after 8 weeks of treatment with **ALL** of the above then the patient should be referred to the local secondary care centre. The main exception to this would be patients under 30 with acute severe (<25mm) restriction of opening who should be referred urgently to either Nottingham or Derby maxillofacial team.

Yours sincerely

Andrew J Sidebottom
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