Symptoms of temporomandibular joint (TMJ) problems vary greatly from person to person. TMJ disorders can mimic other dental and medical problems. Headaches and neck aches may be associated with serious medical problems such as tumors and heart disease. A detailed medical history is essential to a correct diagnosis.

Treatment for TMJ disorders can be long term and is often very unpredictable. Treatment may vary from simple symptomatic relief to surgery and orthodontic or restorative procedures. Treatment may span a few weeks to several years.

Every effort is made to diagnose and treat TMJD problems in a timely and cost effective method. The most conservative procedures will be used. It is important to remember that currently there is much debate in the scientific literature on the most effective techniques or combinations of treatment. These include, but are not limited to; splints, guards, fillings and crowns, surgery, biofeedback, muscle trigger point injections, hypnosis, counseling, physical therapy, and removable appliances. All treatment carries risk. These include but are not limited to: allergic reactions, swallowing of a removable appliance, or worsening of the symptoms. Patients with long standing arthritis or traumatic injury may have more severe symptoms during the initial stages of treatment.

Additional problems that can occur during TMJD treatment include, but are not limited to: breakage or loosening of teeth and/or fillings, mouth sores, gum and bone problems, root length loss, non-vital teeth, muscle spasms, ear, face, neck, head, or back symptoms, and numbness.

I understand the treatment plan recommended by my dentist. I further understand the risks of such treatment and have been informed of any alternatives and risks, including the option of doing nothing. I have been informed of the fee(s) involved.

Patient Signature _____________________________________________ Date __________________

Witness ________________________________________________________________________