

## Speed2Treat Recommendation

Today during your consult, we discussed your head, neck and jaw pain symptoms and your medical history.

My recommendation is to purchase the **Speed2Treat® Home Healing Kit** at [www.QuickSplint.com](http://www.QuickSplint.com) or [Amazon](http://Amazon.com). The Kit was developed by orofacial pain specialists to treat acute head, neck and jaw injuries and it includes a simple plan to help you learn self-care measures you can do at home to recover over a two to four-week period typically. Like an ankle sprain, the best approach to encourage rapid healing is a protocol that includes rest and conservative treatment. The Speed2Treat Kit is also a diagnostic tool if your symptoms don't improve.

The **Speed2Treat® Home Healing Kit** provides immediate treatment with a short-term overnight oral appliance, and reusable therapy packs that you freeze or heat in the microwave, combined with gentle exercises and self-care measures that you can do at home. The **Speed2Treat Home Healing Kit** has a weekly Pain Tracker to help you decide whether you would benefit from a follow-up consult with me in two weeks.



When you purchase the **Speed2Treat Home Healing Kit**, you will receive an email that contains a link to +20 online videos that will be helpful and includes pain education, information about the recovery process and what to look for, and explanation of the self-care measures. Check out the online videos while you are waiting for your Kit to arrive.

If appropriate, I recommend the use of over-the-counter analgesics such as ibuprofen (Advil, Motrin), aspirin, or naproxen (Aleve, Naprosyn) as needed for the next few days. This will reduce inflammation and relieve your jaw pain. Use Ice Packs for 20 minutes at a time (they are provided in the Kit).

**Here are a few notes:**

- The QuickSplint overnight oral appliance is appropriate for short-term use only, up to 6 weeks, and should not be worn 24/7. If you see grind marks on the surface of your QuickSplint, you should share these results with a dentist who can fabricate a long-term oral appliance for bruxism (which means clenching and/or grinding.) Not all dentists do “splint therapy” so contact us if you would like help finding a dentist in your area.
- If you have problems with any of the components of the Speed2Treat Home Healing Kit, you decide which aspects work for you and consider this your personal toolbox to speed your recovery process. The normal recovery process is *several days to several weeks* - each person’s condition is different and you may experience ups and downs, *so be patient*.
- If your condition does not improve or worsens after 2 weeks, contact our office. We can schedule a telehealth consult, in-office examination or referral to a specialist.

Best wishes on a speedy recovery! Contact my office if you have questions.