

## We're Raising Awareness about Postoperative Jaw and Muscle Pain

On the surface, it doesn't seem like that big of a deal. A little soreness in the jaw after a dental procedure is common, and most cases will resolve on their own. But for about 20 – 25% of patients, jaw pain won't resolve normally. These patients are at a higher risk of developing a chronic temporomandibular disorder. <sup>1</sup>

Orofacial pain expert, Bradley Eli, DMD, MS, regularly sees patients with chronic temporomandibular disorders in his practice. From initial symptoms of jaw soreness and limited range of motion, symptoms can increase, expanding in scope-of-pain to include headaches, earaches, neck pain, and jaw dysfunction, such as clicking and locking. <sup>1</sup>

And here's an astounding fact: Most people with jaw pain that persists for at least one month, continue to report pain 5-years later. <sup>1</sup> Ouch! That is a lot of pain and suffering.

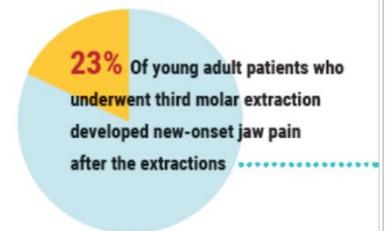
Here's another astounding fact: Chronic pain conditions, including temporomandibular disorders, constitute the primary reason for seeking healthcare, the most common reason for disability and opioid addiction, and the highest driver of health care costs. <sup>1</sup>

We now know that long-term pain management becomes increasingly difficult if the pain persists. <sup>1</sup> Patients with chronic jaw pain often have clinically significant personal suffering, including disability, addiction to opioids, work loss and disability, high health care costs, and avoidance of routine dental care, resulting in the deterioration of oral health. <sup>1</sup>

But here's the good news: If promptly diagnosed and treated within 30 days, an estimated 90% of cases can be improved in 4 weeks – cutting off the progression to chronic pain and its associated personal and public costs.

Per Dr. Eli, "If we can stop an acute jaw sprain or strain from progressing to chronic TMD, why wouldn't we? If we can prevent pain and suffering for our patients, why wouldn't we? And if it also reduces overall medical costs and opioid addiction, why wouldn't we? We should and we can."

By raising awareness about the importance of diagnosing and treating postoperative jaw and muscle pain among the dental profession, and about the possible progression to chronic pain, we believe the number of cases that progress to chronic TMD can be reduced, thereby reducing the pain and suffering of patients, while also helping to lower rates of opioid addiction and lower health care costs.



### Critical 30-Day Threshold

If not addressed within the first 30 days, injury to jaw joints and muscles have a greater than **50%** chance of progressing to chronic or intractable pain.



**92%** Of patients treated with the JAMSS™ Protocol experience improved pain level, 90% with moderate to excellent satisfaction.

Here's what we're doing as a company to raise awareness about Postoperative Jaw and Muscle Pain:

### **1) Developed the JAMSS Protocol**

We've developed a diagnostic protocol, called the JAMSS Protocol, to help dentists have a clear protocol for diagnosis and treatment of postoperative jaw and muscle pain and a guide to risk assessment for their patients. The JAMSS Protocol maybe downloaded for free from the company's website:  
[www.quicksplint.com](http://www.quicksplint.com)

### **2) Developed Dental Continuing Education for Postoperative Jaw and Muscle Pain**

In conjunction with dental leaders and colleagues, we produced a continuing education course, "Postoperative Jaw and Muscle Pain: A guide to risk assessment, prevention, and treatment," by Lee Ann Brady, DMD; James Fricton, DDS, MS; and Brad Eli, DMD, MS. This is an online continuing education course which was published in the April 2017 issue of Inside Dentistry magazine, and is available to all dental professionals online via Inside Dentistry Continuing Dental Education website for a cost of \$16 (2 CE units). Online CE: [https://id.cdeworld.com/courses/5065-Postoperative\\_Jaw\\_and\\_Muscle\\_Pain](https://id.cdeworld.com/courses/5065-Postoperative_Jaw_and_Muscle_Pain)

### **3) Making Clinical Information Kits available to Dentists**

We have developed Clinical Information Kits for dentists which includes clinical information about acute jaw pain, the JAMSS Protocol, jaw exercises, patient self-care measures, and more. Call Orofacial Therapeutics for more information.

### **4) Offering Clinical Information to Dental Study Clubs**

We have developed information kits for Dental Study Clubs which includes clinical information on PowerPoint slides, images, case studies, samples of QuickSplint, and more. Contact Orofacial Therapeutics with details about the name, location and date of your study club to request a dental study club kit.

Post-operative jaw and muscle pain may not seem like that big of a deal – especially in relation to the dental procedure being performed. It's a topic that seems simple and minor, but is actually complex, and possibly life-changing, for some patients. Research shows a progression to chronic TMD in a percentage of cases of post-operative jaw and muscle pain. Vigilant dental professionals can, and should, intervene early and conservatively to help guard against such a pain progression utilizing new information and tools to aid dentists in risk assessment, prevention, and treatment.