TMJ – the temporomandibular joint – is located in front of your ear where the skull and lower jaw meet.

**Symptoms may include:**
- Difficulty opening and closing the mouth
- Jaw and cheekbone pain
- Pain or a tired jaw when eating
- Earaches or ringing in the ears
- Headaches
- Popping or clicking sounds when opening and closing the mouth
- Changes in bite
- Pain behind the eye
- Problems moving the jaw side to side or forward
- Pain when touching the TMJ area or jaw muscles

**Did you know?** The TMJ is the most constantly used joint in the body. It allows your lower jaw to move and function.

If the TMJ is impaired, a condition called Temporomandibular Disorder (TMD) results.

If non-surgical treatment is unsuccessful or if there is clear joint damage, surgery may be needed.

**Treatments may include:**
- Short-term use of non-steroidal anti-inflammatory drugs for pain and/or muscle relaxation
- Bite plate or splint therapy
- Stress management counseling

Visit [MyOMS.org](http://www.MyOMS.org) to learn more and find an oral and maxillofacial surgeon near you.


This information is not intended as a substitute for professional medical advice, diagnosis or treatment.