Bella Family Dental
(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

TMJ and pain therapy: Emface® protocol, muscle therapy, photobiomodulation and AcuLase®

Covers: TMJ treatment, the Emface® protocol, TMJ muscle pain therapy, photobiomodulation and AcuLase® red light therapy.

Before your visit

- Write down your symptoms: when your jaw hurts, clicks or locks, headaches, and what makes it better or worse.
- Tell us if you have a pacemaker or other implanted electronic device, metal implants in your face or head, or are pregnant.
- For facial treatments, arrive with clean skin and no makeup, lotion or jewelry on the treatment area.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- Do not stop a prescribed blood thinner on your own. Ask the physician who prescribed it before making any change. If you are having injections, over-the-counter NSAIDs such as ibuprofen or naproxen, aspirin that is not a prescribed daily blood thinner, and supplements that can increase bruising are typically paused for 3 days to 1 week before and after, as your provider directs.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

What's normal

- Mild muscle tiredness, warmth or redness in the treated area for a short time.
- Symptoms often improve gradually over a series of visits.

Help your jaw rest

- Choose softer foods and cut food into small pieces. Avoid gum, tough meats and very chewy foods.
- Support your chin when you yawn and avoid opening very wide.
- Do any jaw exercises exactly as shown, and wear your nightguard if one was made for you.
- Use a warm or cold compress as your dentist recommends.
- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.

After Emface®

- Emface® is FDA-cleared for TMJ pain. Our Emface TMJ protocol is 6 treatments of about 20 minutes each: 4 weekly sessions followed by 2 maintenance sessions. No numbing medicine is used, so your provider can keep the warmth and muscle stimulation comfortable throughout.
- There is typically no downtime. Most patients return to their usual routine right after the visit. The facial laser and microneedling skin-care rules on our facial treatments page do not apply to a standard Emface visit.

- Possible side effects are usually brief: redness, mild swelling, warmth, dry skin, temporary muscle tiredness or spasm, extra tearing, and headache or dizziness. Uncommonly, a crust, blister or burn can occur.
- Continue the rest of your TMJ care, such as your nightguard, and complete the full series.
- Call us at (972) 290-0903 if redness, swelling or discomfort is severe or lasts longer than expected, or if you notice a crust, blister or burn, or a headache or dizziness that concerns you.

After trigger point injections

- Tenderness, redness, swelling or bruising at the injection sites is common for a few days.
- Gentle facial movement is fine. Avoid rubbing or massaging the area for several hours, and avoid strenuous exercise for 48 hours.
- A cold compress can help. Take over-the-counter pain medicine only as your dentist or the label directs, unless you were told to avoid a particular medicine.
- It can take 10 to 14 days to feel the full effect. Keep your follow-up visit. Call us at (972) 290-0903 if symptoms last more than a week or get worse.

After Botox or a similar neurotoxin

- Remain upright for 4 to 6 hours. Do not lie down or bend forward a lot, and do not rub the area or wear a tight hat or headband on it.
- Skip makeup over the injection sites for at least 4 hours.
- For the first 24 hours, or as advised: avoid strenuous exercise, facials, peels, laser treatments, alcohol, and heat (sauna, hot tub, tanning).
- Mild redness, pinpoint bruising, or a brief headache can occur. Effects often start in 3 to 5 days and are more fully visible in 10 to 14 days.

Keep your appointments

- Many of these treatments work as a series. Keep each scheduled visit.

When to call us

Call us at (972) 290-0903 if you have:

- Your jaw locks open or closed
- Pain that gets worse after treatment
- Redness, blistering or irritation of the skin that doesn't fade
- After Botox: trouble swallowing or breathing, a severe or spreading rash, marked eyelid droop, a change in vision, or weakness that worries you. For breathing difficulty, call 911.

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.