Jaw Tension & TMJ Discomfort

Patient: _____ Date: _____

STARTING TREATMENT PLAN

6–10 visits

weekly

A preliminary care estimate—not an average time to heal or a guarantee.

WHAT TO EXPECT

Possible goals: easier chewing and mouth opening with less jaw tension.

AFTER YOUR TREATMENT

Avoid hard chewing; practice gentle jaw relaxation and follow dental advice.

WE WILL TRACK

Jaw pain, opening, chewing and headaches.

AFTER 2–4 TREATMENTS

We will review your response and daily function, then refine your timeline, visit frequency and next steps.

WHEN TO SEEK MEDICAL HELP

Jaw locking, facial swelling, fever or sudden severe pain needs appropriate evaluation.

YOUR GOALS & FOLLOW-UP

Goal 1: _____

Goal 2: _____

Review at visit: Updated schedule: _____

Acupuncture supports care but does not replace medical diagnosis, essential treatment or emergency care. Results vary.