

Ask Your Compounding Pharmacist

By Prakash Suthar, RPh



What can I do to help with my TMJ pain?

Your family doctor or dentist may diagnose you with TMJ (temporomandibular joint) Disorder when you have pain in your jaw joint or the muscles that control jaw movement. The cause of TMJ Disorder can be difficult to determine; however, the pain may be due to arthritis, jaw injury, constant grinding or clenching of teeth, stress, or a combination of factors.

Depending on the source of the problem, stress reduction, stretching and massage, physical therapy, or a mouth guard may help the problem. If over-the-counter pain relievers do not alleviate your pain, your healthcare provider may prescribe stronger pain relievers or muscle relaxants. As a last resort, severe cases may require surgery.

A compounded pain cream or gel may be another great option to relieve your TMJ pain. With your doctor's prescription, our compounding department can customize a specific pain formula for you. The cream or gel is applied to the jaw, and the ingredients (NSAID, muscle relaxants, and other agents) penetrate the skin to directly target the pain. We consistently receive raving reviews from our patients on how well these transdermal formulas have worked for them.

Ask your doctor or dentist or call our pharmacy to learn whether a compounded prescription may be a good option for your TMJ pain.

- Alcohol-free, dye-free & preservative-free medications
- Discontinued / Short supply medications
- Required strength not available
- Required dosage form not available
- Economic hardship
- Side effect intolerance
- Alcohol-free medications
- Patients not responding to conventional drug therapy
- Medication flavoring

Do you have other difficult-to-solve medication questions that you would like our compounding pharmacist to answer? Email pharmacist@kare-rx.com and we may feature your question!
Learn more about compounding by visiting kare-rx.com & by following us on Facebook!



Customized Medications For Your Individual Needs

138 Arnett Blvd | Sherwood Shopping Center | Danville, VA 24540
Tel: 434.792.8281 | Fax: 434.792.3235
pharmacist@kare-rx.com | www.kare-rx.com