

# Temporomandibular Joint Injection

A temporomandibular joint (TMJ) injection is the injection of a corticosteroid into the affected jaw joint. The injections help to reduce inflammation and pain in the temporomandibular joint associated with chewing, talking, or yawning. This procedure can also help those suffering from chronic jaw pain.

## Conditions treated

You may benefit from a temporomandibular joint injection if you suffer from:

- TMJ pain
- Jaw pain

## Duration

Less than 30 minutes

## How is it performed?

Prior to the injection, the injection site will be cleaned and numbed with a local anesthetic. Needle placement may be guided through the use of ultrasound technology. Once proper placement of the needle is confirmed, the physician will slowly inject the steroid medication. The injection will be given while you are in the seated or prone position.

## Prior to your procedure

If this procedure is done in the office, having a driver is recommended.

## What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment with minimal risks of complications. Some possible side effects include:

- Allergic reaction—swelling, rash, or itchiness. Call a physician immediately if you exhibit any of these symptoms.
- Facial muscle weakness or numbness
- Dizziness

## What to expect after the procedure

Immediately after the injection, you may feel that your pain is gone or has decreased. This is due to the local anesthetic injected and will last only for a few hours. Once the anesthetic wears off, your pain may return and you may have a sore head for a day or two. You should start noticing more lasting pain relief a few days after the procedure.

You may want to apply ice to the injected area, and avoid strenuous activity.

Call your physician if you experience any severe pain, redness/swelling/ discharge at the injection site, or fever/chills.

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