

NY Center For
Ear, Nose Throat, Sinus & Allergy, LLP

KANHAIYALAL KANTU, M.D., F.A.C.S.
SANJAY KANTU, M.D.
MANOJ KANTU, M.D.
DIPLOMATES AMERICAN BOARD
OF OTOLARYNGOLOGY

SINUS & ALLERGY
FACIAL PLASTIC SURGERY
HEARING & BALANCE DISORDERS
SNORING & SLEEP APNEA
HEAD & NECK SURGERY

TEMPOROMANDIBULAR JOINT PRECAUTIONS
RECOMMENDED BY DR. KANTU

- 1. Eat a soft diet.**
- 2. Avoid hard foods such as apples or bagels.**
- 3. Avoid chewy foods/candies such as meat and bubble gum.**
- 4. Take motrin for pain unless you have ulcer disease or are taking blood thinning medication.**
- 5. Consult your dentist regarding your bite.**
- 6. Consideration of a dental appliance is necessary if you grind your teeth at night.**
- 7. Apply warm compresses over jaw for added pain relief.**