



QR code — Ivy Collaborative

IVY COLLABORATIVE HEALTHCARE

We help people **Feel Good, Look Good & Function Well**

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www.IvyCollaborative.com

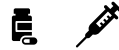


EMFACE FOR TMJ & JAW TENSION

Self-Help, Traditional Approaches & Ivy Collaborative Support

1. What TMJ and Jaw Tension Can Feel Like

Clicking or popping. Morning jaw ache. Headaches that start at the temples. Ear fullness without an ear infection. Difficulty opening wide. The jaw is a joint run by a team of muscles; when some overwork (clench, grind) and others under-support the face, the joint pays. Night guards protect teeth. They do not rebalance muscle. Pain meds and occasional Botox quiet a muscle for a while. Lasting comfort usually means changing how those muscles share the load.



2. Self-Help Strategies

- Notice daytime clenching; rest the tongue on the palate, teeth slightly apart
- Skip gum and very chewy foods during flares
- Use a warm compress over the masseter before bed
- Protect sleep; fatigue raises clenching
- Do not force the jaw open or stretch aggressively without guidance
- Know the myth: a thicker night guard will fix muscle imbalance by itself
- See a clinician for locking, sudden bite change, swelling, or fever

3. Traditional Medicine Options

- Dental or oral-medicine evaluation of the joint, bite, and teeth
- Night guard or splint to protect enamel
- Physical therapy for jaw, neck, and posture
- Short-term medication or trigger-point care when indicated
- Botox to a hyperactive masseter as a temporary option
- Understand limits: passive appliances and injections often leave the weak side weak
- Ask about needle-free facial muscle stimulation after dental red flags are cleared

4. How Ivy Collaborative Can Help

- Emface (BTL) — HIFES plus RF applicators on face; used to tone elevator muscles and may ease overworked jaw tension*
- 20-minute, needle-free sessions; typically 4 visits over 2–4 weeks; no downtime*
- Functional goal: more balanced facial muscle effort around the joint*
- Aesthetic bonus: lift and skin quality from the same platform
- Physician-directed plans with Dr. Jocelyn Bayliss, MD
- Complements—not replaces—dental care, a night guard, or PT

5. Helpful Links

Self-Help	Traditional Medicine	Ivy Collaborative
nidcr.nih.gov / TMD aaoms.org / TMJ Unclench • Heat • Soft diet	mayoclinic.org (TMJ) ada.org Dental exam • Guard • PT	ivycollaborative.com — Emface Schedule your consultation Emface & EMVital • Jaw & face Physician-directed care with Dr. Jocelyn Bayliss, MD dual board-certified psychiatrist

6. Contact Ivy Collaborative Healthcare

2100 Central Ave, Ste 6, Augusta, GA 30904 | 706.364.3461

Complimentary Wellness Assessments available • Needle-free support for jaw-related muscle tension

Jaw pain is often a muscle-balance problem—support is available.



*Emface (BTL) is FDA-cleared for non-invasive facial rejuvenation using HIFES muscle stimulation and synchronized radiofrequency. Published averages include increased muscle tone, collagen/elastin, and a lifting effect; individual results vary. Typical course is four 20-minute sessions over 2–4 weeks and may be individualized. TMJ-related jaw tension is a functional use after physician evaluation—it is not a replacement for dental, oral-surgery, or acute joint care. Pacemakers, facial metal implants, pregnancy, nursing, active skin infection, and certain nerve disorders are common contraindications. Serving Augusta, Evans, Grovetown, Martinez, North Augusta, Harlem, and Richmond, Columbia, and Burke Counties.