

## TMJ PAIN & JAW DYSFUNCTION INFORMATION LEAFLET

### Specialist Assessment & Treatment

If you're struggling with jaw pain, clicking, locking, or difficulty chewing, you may be suffering from TMJ dysfunction — a common but often misunderstood condition affecting the temporomandibular joint (TMJ), the hinge that connects your jaw to your skull.

At the practice of Mr Nabeel Bhatti and Professor Simon Holmes, you'll receive expert, compassionate care from two of the UK's most experienced consultants in jaw and facial function. Whether you need advanced diagnostics, non-surgical management, or surgical intervention, you'll be in the best possible hands.

### What Is TMJ Dysfunction?

Temporomandibular joint dysfunction (TMD) refers to a group of conditions that cause pain and impaired movement of the jaw joint and surrounding muscles. It can be short-term or chronic and is often triggered by:

- Teeth grinding or clenching (bruxism)
- Jaw misalignment or malocclusion
- Stress and muscle tension
- Trauma or previous injury
- Arthritis or joint degeneration
- Structural problems within the joint itself (e.g., disc displacement)

### Common Symptoms

- Jaw pain or aching
- Clicking, popping, or grinding sounds when opening or closing the mouth
- Difficulty or pain when chewing
- Locking of the jaw (open or closed)
- Headaches, earache, or facial pain
- Limited jaw movement
- Worn or sensitive teeth (from grinding)

TMD can significantly affect quality of life, impacting speech, eating, and sleep. Early diagnosis and targeted treatment can prevent progression and reduce long-term discomfort.

## Why Choose Mr Nabeel Bhatti & Professor Simon Holmes?

TMD is often misdiagnosed or poorly managed. At this practice, your care is led by two Consultant Oral & Maxillofacial Surgeons with decades of specialist experience treating jaw joint disorders.

### Specialist Clinical Expertise

Mr Nabeel Bhatti has extensive experience in both medical and dental aspects of TMJ dysfunction. He regularly manages complex cases including patients with previous unsuccessful treatment or long-standing symptoms.

Professor Simon Holmes is a recognised authority in facial surgery and jaw joint disorders. His background as a leading Consultant in one of the UK's busiest trauma and facial units makes him uniquely skilled in treating TMJ dysfunction caused by injury or joint degeneration.

### Comprehensive Diagnosis

Many TMJ cases are overlooked in routine dental or GP assessments. Our team uses advanced imaging (MRI, CT, ultrasound) and functional assessments to accurately diagnose the root cause of your symptoms.

### Tailored, Multidisciplinary Care

We offer a full spectrum of treatment — from physiotherapy and splint therapy to minimally invasive joint procedures or surgery. We also collaborate with physiotherapists, dentists, and pain specialists to provide a joined-up approach.

### Private, Patient-Focused Service

Enjoy short waiting times, expert-led consultations, and clear, honest advice about your treatment options. Everything is tailored to your needs and circumstances.

## Treatment Options May Include

- Custom-made bite splints or night guards
- Botulinum toxin (Botox) injections for muscle overactivity
- Joint lavage (arthrocentesis) – flushing out the joint to reduce inflammation
- Arthroscopy or open joint surgery in complex cases
- Physiotherapy and jaw exercises

- Guidance on habit changes, stress management, and long-term care
- Total TMJ replacement surgery in advanced disease

## When To See A Specialist

You should seek a specialist opinion if:

- Your jaw pain is persistent or worsening
- You've tried bite guards or medication without improvement
- Your jaw is locking, clicking, or affecting your ability to eat or speak
- You've had trauma or dental treatment that may have affected your bite or joint
- You want clarity on your diagnosis and the full range of available treatment options

## Why Choose Us?



**Mr. Nabeel Bhatti**  
**Consultant Maxillo-Facial Surgeon**



**Professor Simon Holmes**  
**Consultant Maxillo-Facial Surgeon**

Over 35 years' combined specialist experience in acute and complex cheekbone fracture repair, with a focus on precision, minimal scarring and complete aftercare.

We look forward to meeting you.

<https://www.maxfaclondon.com>

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