Temporomandibular (TMJ) Joint Intra-articular Injections

The injection is a small amount of local anesthetic injected into the Temporomandibular joint. This is a small joint that connect your lower jaw to the skull. Temporomandibular joint disorder (TMJD or TMD), or TMJ syndrome, is an umbrella term covering acute or chronic inflammation of the temporomandibular joint on one or both sides. Injection is done to relieve pain and reduce inflammation due to the steroid bathing the tissue and increasing mobility. You may need more than one injection to get pain relief. This will be up to you and your physician.

During the Procedure.

An IV will be placed in your arm. You will lie on your side and the area to be injected will be cleansed. The doctor will locate the joint under life x-ray and place the needle into the joint and inject the medication. After completion you will be monitored for a short period of time and you will be discharged to go home.