



Muscle Spasm Instructions

You have been diagnosed with muscle spasms. The following are instructions for your care.

- Alternate between using ice packs and heat—20 minutes on, 20 minutes off.
- Massage the area.
- Avoid stress-inducing situations or activities.
- If prescribed, take anti-inflammatory medication (Ibuprofen or Motrin) as needed.
- If prescribed, take steroids as directed.
- If prescribed, take muscle relaxants as needed.

**If you have any questions regarding your surgery or postoperative care, please contact our office at (435) 628-1100.
After hours contact (435) 817-3135. Do NOT call your dentist.**