

7 Questions to Ask Before Choosing a TMJ Doctor

Your decision could be life-changing.

TMJ Expert | Dr. Eddie Siman

Beverly Hills & Sherman Oaks, California

If you're dealing with jaw pain, headaches, ear ringing, clicking, or a locked jaw, these questions help you choose a provider who can diagnose accurately and treat comprehensively - not just mask symptoms.

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Before You Choose a TMJ Doctor

Use these seven questions to evaluate experience, diagnostics, and treatment philosophy. The goal is simple: a precise diagnosis and a plan that addresses the root cause - not just temporary symptom relief.

1. What specific credentials do you have in the field of TMJ?

- Most dentists receive only limited training on TMJ disorders during dental school, so true expertise usually requires additional post-graduate education and focused training.
- Ask your provider what TMJ-specific training, certifications, or advanced programs they have completed and how they stay current with modern techniques.
- Be cautious of a one-size-fits-all approach (like a basic night guard) without a comprehensive diagnostic process.

2. How many TMJ patients have you successfully treated?

- Many offices treat TMJ only occasionally. In contrast, Dr. Siman treats TMJ as a primary focus of his practice.
- Dr. Siman reports helping over 25,000 patients across his 36-year career.
- High case volume matters because it increases the chance your provider has seen cases like yours.

3. What is your success rate in relieving TMJ symptoms?

- Success rates depend on advanced training, an accurate diagnosis, and the use of objective diagnostics (such as CT imaging and EMG muscle measurements).
- Dr. Siman combines advanced diagnostics with FDA-approved, non-invasive treatment to achieve high success rates, including for patients who have tried other options without relief.
- The right diagnosis leads to the right treatment - technology and precision matter.

4. What modern equipment do you use to diagnose and treat TMJ?

- TMJ disorders usually cannot be accurately diagnosed with a basic exam alone.
- Ask whether your provider uses tools such as EMG (to measure muscle activity), CT scans (to evaluate the joints), TENS (to relax muscles), and jaw-tracking technology (to analyze movement).
- These tools help pinpoint the true source of symptoms and guide a personalized plan - often reducing reliance on medications, injections, or invasive procedures.

5. What percentage of your practice is dedicated to treating TMJ patients?

- If TMJ is only a small portion of an office's work, treatment may be limited to generic appliances without deeper evaluation.
- Many patients arrive after seeing multiple providers (dentists, ENTs, neurologists, chiropractors, physical therapists, and more) and still have symptoms.

- Look for a provider whose primary focus is solving TMJ-related problems, especially complex cases.

6. How many hours of continuing education do you have in the field of TMJ?

- TMJ care is a rapidly evolving field. Ongoing education and collaboration with TMJ-focused experts matters.
- Dr. Siman reports investing thousands of hours in continuing education over his career and participating in TMJ-specific panels and conferences.
- Ask what TMJ-related courses, conferences, or mentorships your provider has completed recently.

7. Is your treatment protocol limited to a night guard?

- For over 90% of TMJ cases (including grinding, locked jaw, headaches, migraines, ear ringing, chronic neck pain, neuralgias, snoring, and sleep apnea), a traditional night guard is often a temporary, band-aid approach.
- Dr. Siman notes the average patient he sees has already tried about five different night guards from different providers without lasting results.
- Ask what the full, science-based treatment plan looks like beyond a night guard, and how the provider targets the source of symptoms - not just the surface discomfort.

Takeaway

If a provider cannot clearly answer these questions - or relies only on a generic night guard - it may be worth seeking a TMJ-focused practice with advanced diagnostics and a proven, step-by-step protocol.

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