



# Home Remedies **FOR JAW PAIN** *In Pregnancy*

Eat soft foods that are easy to chew to reduce the strain on your jaws.



Use a cold compress over the jaw to cope with the swelling and muscle spasms.



Try not to open your mouth too often or too wide. So, eat food in small pieces and avoid laughing or yawning too loud and wide.



Use a soft pillow to sleep and change your position to avoid sleeping only on one side.



Support your back while sitting, and don't slouch in front of the TV or laptop.

