

# General Dentist & Orofacial Pain Specialist



**KEVIN D. HUFF, D.D.S.**

CENTER FOR ADVANCED GENERAL DENTISTRY

General Dentist & Orofacial Pain Specialist

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## What is Orofacial Pain?

Orofacial Pain is a dental specialty recognized by the American Board of Dental Specialties. **It involves the diagnosis, treatment and rehabilitation of a range of disorders which are responsible for chronic head, jaw, face, neck, and dental pain.**

Training for this specialization involves not only recognition and management of pain but also pain caused by a number of sources, including:

- Temporomandibular Joint Disorders, commonly referred to as "TMJ"
- Muscle pain in the neck, temples, and jaw muscles
- Neuropathic pain, like Trigeminal Neuralgia
- Identification and dental management of Sleep Disorders, like Obstructive Sleep Apnea
- Headaches like Migraines and "Sinus Headaches"

Treatment for Orofacial Pain often involves collaboration with various professionals in the medical and dental communities to provide the best possible care for orofacial pain conditions.

## About Dr. Huff

*Diplomate, American Board of Orofacial Pain & Master, Academy of General Dentistry*

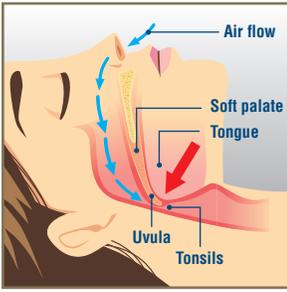
Dr. Huff has practiced complex and basic general dentistry for over 20 years. He has developed a reputation of providing quality, ethical care through comprehensive, patient-centered treatment planning and appropriate therapy including but not limited to esthetic dentistry, complete and partial dentures, laser surgery, complex reconstruction, and implant placement and restoration.

Mastership in the AGD reflects a dentist's ongoing commitment to providing quality care through continuing education.

His expertise in complex dental rehabilitation and complete denture therapy led him to pursue studies in orofacial pain. While Dr. Huff is an orofacial pain specialist, and clinicians may refer to him specifically for orofacial pain, he also is happy to provide appropriate general dental care upon request.

When asked about his philosophy of care, Dr. Huff responds: ***"We're here to help you have a healthy, comfortable, and beautiful smile for the rest of your life."***



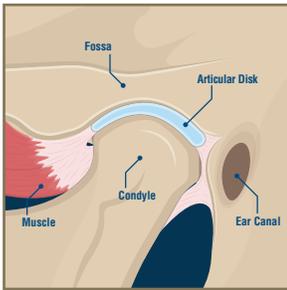


## SLEEP APNEA & SNORING

Snoring occurs when the muscles of the neck relax during sleep, allowing the structures of the nose and mouth to fall backwards against the back of the throat, constricting the airway. As long as the person is breathing regularly and exchanging air, the only problem is for

other people in the room. However, many snorers actually stop breathing several times during the night, which is a medical condition called sleep apnea. It can be life-threatening over lengthy periods.

Special dental appliances, called mandibular repositioning devices, are effective, comfortable, and convenient for managing obstructive sleep disorders. They are now considered by the American Academy of Sleep Medicine to be a viable option for treating snoring as well as mild and moderate sleep apnea. For severe sleep apnea patients, these appliances can improve the effectiveness of CPAP machines.



## TMJ/TMD

When any part of the anatomical structures or supporting structures of the TMJ is injured or damaged, dysfunction occurs. While “TMJ” refers to the temporomandibular joint itself, “TMD” refers to temporomandibular disorders. TMD syndrome is a vague term that usually involves one or more conditions

listed below and/or others not mentioned:

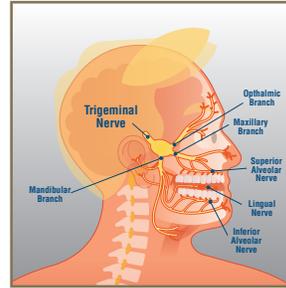
- Tendonitis
- Myofascial pain
- Myositis
- Myalgia
- Locking of the jaw
- Degenerative Joint Disease
- Retrodiscitis
- Tinnitus
- Headaches of various types
- Dislocation of the disc
- Subluxation of the disc
- Muscle spasm
- Cervicalgia



## MUSCLE PAIN

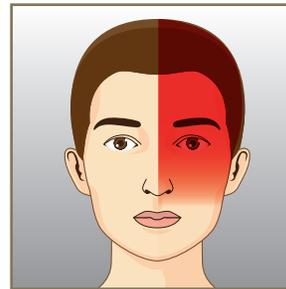
Muscle pain is often caused by chronic trigger points in the musculature causing pain in the neck, jaw, and head. It can be caused by trauma, overuse of the muscles from clenching and/or grinding of teeth, or even from repetitive tasks. Treatment can include simple stretching exercises to increase the range of motion, custom bite splint therapy, short-term

medications, and trigger-point injections into the muscles.



## NERVE PAIN

Chronic Nerve Pain includes trigeminal and glossopharyngeal neuralgia, post-traumatic trigeminal neuralgia, and persistent dentoalveolar pain (previously called atypical odontalgia). Treatment for neuropathic pain can include topical medications as well as systemic drugs such as anti-seizure medications.



## HEADACHES

Many people clench and/or grind their teeth during sleep and even during the day, and many of these people develop “tension headaches” related to it.

Since many headaches are caused by long-term spasming of some of the jaw and neck muscles, custom orthotic appliances, or bite splints, may be used

to help provide relief. Other therapy may include injection of medication into painful muscles, referral for physical therapy or other medical professionals, and others medications. Headache diagnosis is complex and often requires a team approach for diagnosis and management.

# New Patients

PATIENTS SEEKING CARE FROM DR. HUFF FOR EITHER OROFACIAL PAIN OR COMPLEX GENERAL DENTISTRY MAY ENTER THE PRACTICE IN THREE WAYS:

1. **Complimentary Consultation:** This visit does not involve any examination. It is an opportunity to discuss and identify the chief complaint and goals of therapy to determine the appropriate next diagnostic steps.
2. **Limited examination with radiographic screening:** This brief examination is most appropriate for those who are unsure of the primary cause of their chief complaint. It is geared toward ruling out dental pain from other types of orofacial pain. Most likely, a detailed examination and further diagnostic testing will follow to develop an appropriate differential diagnosis and appropriate treatment plan.
3. **Detailed examination with appropriate imaging and diagnostic testing:** This examination is the most in-depth investigation into the chief complaint available that may include but is not limited to:

- Diagnostic photography
- Detailed history review
- Sleep screening
- Screening for psychosocial factors
- Evaluation of the teeth and gingiva for abnormal wear and disease
- Clinical evaluation of the TMJs and supporting muscles
- Diagnostic injections
- 3D imaging
- Study model evaluation

This exam, which may involve more than one visit, includes consultations and communication with other healthcare providers involved in the treatment related to the chief complaint.