



Introducing: _____
 Referring Dr.: _____
 Phone: _____
 Comments: _____

Appt. date: _____ Time: _____

- Patient is referred for:
- Headache Muscle pain Nerve pain
 - Sleep apnea Snoring TMJ
 - Other _____



Caring for Head Pain and Sleep Apnea

Dr. Rich Hirschinger
 Diplomate American Board of Orofacial Pain
 Fellow American Academy of Orofacial Pain
 Clinic Director UCLA Orofacial Pain
 and Dental Sleep Medicine Program
 888.981.8981



Learn About Orofacial Pain

Orofacial pain, which is abbreviated as OFP, is the management of chronic head and neck pain using non-surgical, conservative treatment. Orofacial pain includes caring for patients with primary headaches such as migraine, tension-type headache, and cluster headache, head and neck muscle pain, various nerve pains in the head from shooting, sharp, electrical pain to dull, aching, burning pain, and treatment for TMJ. Orofacial pain also includes treatment for sleep apnea, which can be caused by a partial or full blockage of airflow to the brain.

Scan for Map and Directions

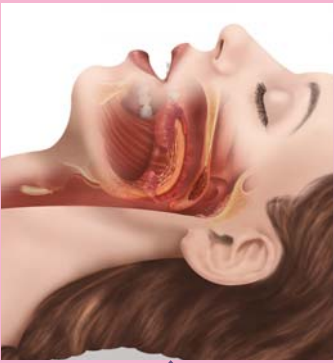


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Headache TMJ
 Nerve and Muscle Pain
 Snoring Sleep Apnea



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Sleep apnea is a sleeping disorder marked by shallow, labored breathing, pauses in breath, and punctuated by gasping for air, and/or snoring sounds. Pauses can last several seconds or longer, and can happen many times per hour. A dental appliance, which is preferred by patients over a CPAP machine, fits over the top and bottom teeth to bring the lower jaw forward, which opens the airway to increase oxygen and decrease snoring.

I had TMJ pain for 15 years and spent a lot of time and money being treated for "TMJ" until Dr. Hirschinger correctly diagnosed that my pain was not from my TMJ. The pain was caused by my jaw muscles, and he made it disappear. I wish all doctors did as thorough an exam as Dr. Hirschinger.

Atoussa Z.
Los Angeles, California



Dr. Rich Hirschinger

Diplomate American Board of Orofacial Pain
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Dr. Hirschinger practiced general dentistry in Beverly Hills for ten years when in 1995 his life changed. He crushed his left index finger on a mountain bike ride, which resulted in him having a permanent pain in his finger, and he had to sell his practice. Two other accidents, one on a bike when a van rear-ended him, and one in a car when the other driver ran a red light, led to a double spinal fusion in his lower back. After his mom was diagnosed with trigeminal neuralgia, which is a very painful nerve condition that mimics tooth pain, his interest in helping patients with chronic pain was sparked. He completed a two-year full-time residency in the UCLA Orofacial Pain and Dental Sleep Medicine program, and now serves as a Clinic Director at UCLA teaching other doctors in the residency program. He is one of less than 300 doctors in the United States to be a Diplomate of the American Board of Orofacial Pain, and a Fellow of the American Academy of Orofacial Pain.

Dr. Hirschinger's treatment approach involves conservative, and reversible, treatment. He likes to say that he only treats invisible pain, and that his work complements that of traditional dentists and other medical practitioners. He works on difficult cases, and helps many patients who have failed traditional therapies. Even though he is a dentist, his approach does not involve touching teeth, and many of his referrals come from other dentists, dental specialists, neurologists, ENT's, and many other doctors. He focuses on muscles, nerves, and many other factors such as a patient's habits and posture, both of which can contribute to chronic head and neck pain.

Dr. Hirschinger sees patients at his private practice in Beverly Hills. Additionally, since his service is mobile, he can see patients at their home, office, and even on location such as at a movie set. And, yes, he still rides his bike.

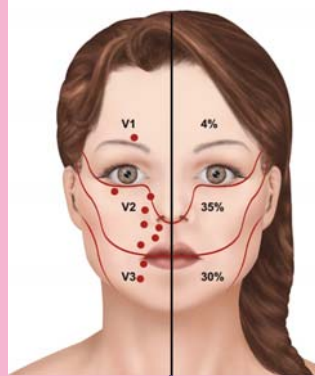
SLEEP APNEA & SNORING



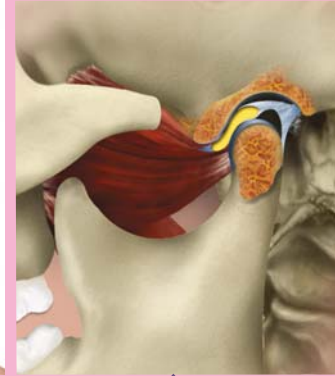
HEADACHES



MUSCLE PAIN



NERVE PAIN



TMJ

Headaches treated by Dr. Hirschinger include migraines, tension-type, and cluster headaches. Patients can, and usually do, have more than one type of headache so a thorough history is very important to obtain to insure that each headache is treated. Headaches can be caused by several different factors, and treatment can include medications to abort a headache, reduce the number of headaches, and possibly eliminate them altogether.

Muscle pain is caused by chronic trigger points in the musculature causing pain in the neck, jaw, head, and temples. It can be caused by overuse of the muscles from clenching and/or grinding of teeth, or even from repetitive tasks like texting. Pain symptoms can be severe and debilitating. Treatment can include simple stretching exercises to increase the range of motion, short-term medications, and trigger point injections into the muscles.

Neuropathic pain is a technical term that describes chronic nerve pain. Pain caused by nerves can be the result of trauma, age, a systemic disease, or the cause can be unknown. Some common pains treated by Dr. Hirschinger include trigeminal neuralgia, which feels like tooth pain, as well as several types of peripheral neuropathies. Treatment for neuropathic pain can include topical compounds as well as systemic drugs such as anti-seizure medications.

Temporomandibular joint disorder, also known as TMJ, is a general term covering any disorder causing inflammation of the TMJ, which is the joint that connects the jaw to the skull. There are a number of conditions that can cause pain in the jaw joint and in the muscles involved in the closing and opening of the jaw. Disorders affecting the TMJ can affect a patient's ability to eat, speak, swallow, and chew.