

Commonly Asked Questions

1. How do I know if I'm a candidate for Dr. Pilar's treatment?

Dr. Pilar likes to speak with potential candidates personally over the phone before scheduling an office visit. This allows Dr. Pilar to ask you an initial set of questions to determine if his treatment can help your condition. If he determines that it could, an office visit is then scheduled.

2. What is involved in the treatment?

Dr. Pilar's treatment involves no pills, no shots, no surgery. Treatment involves effective low frequency electrical stimulation to points along the jaw, and having the patient wear a mouth orthotic to stop painful muscle contractions.

3. Is the Pilar-Type NTI safe?

Yes, under the care of a trained practitioner like Dr. Pilar.

4. Is Dr. Pilar experienced in the fabrication of NTI orthotic device?

Absolutely. In fact, Dr. Pilar has custom-made over 1,000 NTI orthotic devices, with positive results for patients in nearly all cases.

5. How long does it take to custom make an NTI mouth orthotic?

The Pilar-Type NTI is hand-customized in great detail by Dr. Pilar himself, and usually takes an hour and a half, chairside with the patient.

6. What is the Pilar-Type NTI made of?

The Pilar-Type NTI is made from a clear thermoplastic material that Dr. Pilar sculpts to each patient's own mouth. Once formed, it is hardened to provide comfort and no abrasion to teeth.

7. Is Dr. Pilar's treatment covered by medical insurance?

Yes, Medicare is fully accepted and most other medical insurance is accepted.

8. Will I need pain medication in conjunction with my mouth orthotic?

On the contrary, the Pilar-Type NTI orthotic may reduce and even eliminate your reliance on prescription and over-the-counter pain medications entirely.

Find out more at www.drMikePilar.com

"I would gladly recommend Dr. Pilar to anyone experiencing any kind of TMJ or related pain. Dr. Pilar's extensive knowledge and experience are evident in his comprehensive treatment plan. I feel immensely better, and most of the relief happened within just a few days, which was very surprising to me. Dr. Pilar has given me back a feeling of good health again..."

—WENDY D.—

"...That night, Joseph slept through the night for the first time in four months. It was the first time I slept through the night in four months, too. Words cannot express my deep appreciation for your knowledge and dedication."

—KIMBERLY P.—

"I feel as if I have had a huge weight lifted. I have suffered from major migraines since I was a young girl."

—RENEE S.—



Mike Pilar, DDS

American Academy of Cranio Facial Pain



Dr. Mike Pilar is a graduate of the NYU College of Dentistry and a member of the American Board of Cranio Facial Pain. His distinguished 45-year career includes such achievements as becoming the first American dentist to lecture at the Beijing Hospital University, and being a pioneer member of the Academy of Laser Dentistry.

An expert in the treatment of Temporo-mandibular Joint Disorder (TMD), Dr. Pilar takes great pride in providing attentive personal care to each one of his patients. His exposure to alternative medicine, along with the desire to find drug-free options for his patients, has led him to take a holistic approach to TMJ pain.

**Call Dr. Pilar direct for
a consultation:
(917) 414-8355**

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TMD & Headaches



Countless Americans have had their lives negatively affected by pain stemming from migraine headaches, head-neck muscle disorders and jaw joint disorders like temporo-mandibular joint disorder (TMD), commonly referred to as TMJ.

Now practicing solely to treat migraines and TMJ disorders, Dr. Mike Pilar, DDS, uses a revolutionary treatment that targets the source of the symptoms and successfully helps many sufferers of head, neck and jaw pain to find relief without the need for invasive surgical procedures.

The Treatment

At Montvale Health Associates' Headache Treatment Center, Dr. Pilar uses an advanced, highly effective, dual-phase treatment program that is non-invasive. His state-of-the-art treatment consists of ETPS electro stimulation and a Pilar-Type NTI, a muscle orthotic for the mouth.

Electro Therapeutic Point Stimulation (ETPS)

The first phase of Dr. Pilar's treatment, ETPS, combines the principles of acupotherapy with electric stimulation at extremely low frequency levels to pinpoint and treat trigger points that cause debilitating muscle contractions and painful symptoms. ETPS is extremely safe and painless.



“It is now about five months after I got new treatment for TMJ and the difference is amazing. I am feeling incredibly better. Most of my pains are ancient history. Thank you Dr. Pilar.”

—IRENE—



The Pilar-Type NTI

During the second phase of treatment, Dr. Pilar custom models a special orthotic mouth appliance called the Pilar-Type NTI. This appliance prevents all contact between the upper and lower side and back teeth, eliminating the associated head and neck muscular contractions, especially during sleep.

The Pilar-Type NTI is much more than an ordinary night-guard. A regular nightguard or any horseshoe type appliance does not stop temporal muscle activity with resulting symptoms of clenching, sinusitis, tension headache, migraines, and shoulder and neck pain. The Pilar-Type NTI does. Each Pilar-Type NTI is handmade in great detail by Dr. Pilar on site to fit the patient perfectly.



The orthotic removes all back teeth clenching pressure. The remaining upper and lower front teeth collective pressure is minimal with no negative effect.

NTI's are the most effective FDA approved method of migraine prevention and can also help most patients reduce or eliminate their reliance on prescription and over-the-counter pain medications.

NEW! Cold Laser Therapy

Dr. Pilar now offers the non-invasive cold laser treatment for the pain of headaches, migraines and TMD using the Apollo 3000 mW Laser System—the most powerful, FDA cleared, Class IV cold laser.

Producing pure infrared energy, it provides rapid treatment times of 1 to 2 minutes. Phenomenal results can be achieved when used in combination

with the deprogramming muscle orthotic and ETPS.

Cold laser therapy produces a beam of light that is applied over the injured area to stimulate healing. The painless laser light triggers biological reactions in the cells, causing the production of natural pain killing endorphins and reducing inflammation, redness and pain. Cold lasers help increase circulation and relieve tight muscles that can create chronic pain.



Compared to high power “hot” lasers, the cold laser, also referred to as a “soft,” or “cool” laser, has longer wavelengths that promote rapid reduction of pain, accelerated healing time and accelerated growth and repair. Hot lasers have catabolic effects that can deliberately destroy tissue.

“After 15 years of suffering with severe headaches, pain on the side of my face, earaches, and neck problems, I found relief with the first treatment Dr. Pilar provided. After one month of treatment, most symptoms have disappeared and I feel better.”

—LEONOR H.—

TMJ/TMD Symptoms

Dr. Pilar has successfully used his program to reverse symptoms of:

- Jaw Pain
- Eye/Ear Sensitivity
- Neck & Shoulder Pain/Stiffness
- Sore/Sensitive Teeth
- Ringing & Congestion in the Ears
- Tension Headaches & Migraines
- Dizziness or Imbalance
- Blurred Vision
- Grinding & Clenching of the Teeth
- Sleep Disruption

Dr. Pilar's unique “holistic” approach to TMJ pain and migraines often provides amazing results.

Call Dr. Pilar at (917) 414-8355 to see if his program is for you.