

TEMPOROMANDIBULAR JOINT ARTHROSCOPY

INSTRUCTIONS FOR PATIENTS AFTER SURGERY

1. Elevate your head while at rest the first 48 hours after surgery and longer if this gives you more comfort.
2. Apply ice packs to your surgical sites for the first 24 hours after surgery. This will help reduce swelling. If ice gives you comfort you can continue to do this longer.
3. Moist, warm heat such as a moist face cloth wrapped around a hot water bottle, may be applied three days after your surgery. This will help ease any muscle spasm and reduce your swelling.
4. Take your medications as directed. Ensure that any anti-inflammatory medications are taken with food to help protect your stomach.
5. Remove the clear tape dressing from your face the morning after surgery after you have had your shower. Do not immerse your face in water or swim for one week after surgery. Arrange for your local doctor or your surgeon to remove the small stitches five days after the surgery. Keep the site clean with gentle soap and water washes. Apply polysporin to the area for the first week.
6. Expect a feeling of fullness or water in your ear. Ear drops are placed after surgery and the operation usually causes swelling of the ear canal.
7. Diet should be soft for the first two weeks after surgery. However, you should attempt to move your jaw with straight line opening and practice side to side movements.
8. Expect swelling and some discomfort. Take the pills provided for pain as needed. You will likely be taking some type of anti-inflammatory medicine on a scheduled basis.
9. Watch for infection. If you notice swelling that is getting worse after three or four days or unusual pain, contact your surgeon.
10. **PLEASE CALL TO MAKE APPOINTMENT FOR TWO WEEKS AFTER YOUR SURGERY.....753-6671**