

Postoperative Instructions for TMJ Arthroscopy

Immediately After Surgery:

- Rest and relax for the remainder of the day.
- Apply ice packs to the surgical area (20 minutes on, 20 minutes off) for the first 48 hours to minimize swelling and pain.
- Elevate your head while resting and sleeping for 2-3 days to reduce swelling.
- You will have dissolvable sutures at the surgical site.

Pain Management:

- Take prescribed pain medications as instructed by your surgeon.
- Do not wait until the pain is severe before taking medication; proactive management improves comfort.

Diet:

- Maintain a soft-food diet (e.g., yogurt, smoothies, mashed potatoes, soups) for the first two weeks after surgery.
- Avoid hard, crunchy, or chewy foods until approved by your surgeon.
- Stay hydrated

Oral Hygiene:

- You may brush your teeth like you normally would.

Physical Activity:

- Avoid strenuous activities, heavy lifting, or vigorous exercise for at least one week post-surgery.
- Gradually resume normal activities as guided by your surgeon.

Jaw Exercises:

- Perform jaw exercises exactly as instructed by your surgeon or physical therapist to maintain joint mobility and encourage proper healing.
- Avoid unnecessary or excessive jaw movements.
- You will be given a Therabite after surgery. You will start using this after one week.

Avoid:

- Chewing gum or tough foods.
- Wide yawning, singing, or other activities requiring significant jaw movement.
- Smoking or using tobacco products, as these interfere with healing.

Follow-up Appointments:

- Attend all scheduled postoperative visits to monitor healing and joint function.

Contact Us Immediately If:

- You experience severe pain or excessive swelling.
- Persistent fever, chills, or signs of infection occur.
- You notice bleeding or unusual drainage from the surgical site.

Your comfort and successful recovery are our priority. Please call our office with any concerns or questions.