



## POST-OPERATIVE TMJ ARTHROSCOPY ADVICE

### A PATIENT'S GUIDE

1. Expect to experience mild to moderate swelling post arthroscopy – this is normal and will generally persist for at least a few days following the procedure. There will be local swelling which reaches a maximum in 2-3 days following arthroscopy, after which it should subside gradually.
2. Use ice packs on surgical area (side of face) for first 24-48 hours; apply ice 20 minutes on – 10 minutes off.
3. Jaw movements will usually be limited the first few weeks following the procedure. Range of jaw motion and vertical opening should be restored fully after about 6-weeks depending on the type of procedure performed. If the muscles of the jaw become stiff, you can massage and exercise your jaws. Four days following the procedure, the use of warm, moist heat to the outside of your face over these muscles will help get rid of the stiffness.
4. Some discomfort will usually be experienced on the evening of the procedure and sometimes for a few days after. Generally this is mild to moderate and can be controlled with acetaminophen (Paracetamol 1g, three times a day) *with* a non-steroidal anti-inflammatory drug (NSAID) (Diclofenac Sodium 50mg, three times a day or Ibuprofen 400mg, three times a day) with meals. However if these medications were ineffective, you will be given a prescription for stronger medication to be used the first two days following the procedure – for severe pain use the medication prescribed to you by your surgeon as advised (usually Dihydrocodeine or Tramadol Hydrochloride) – Note that NSAIDs should be avoided if you are on aspirin, warfarin, you are asthmatic, have a tendency for gastric upset and/or have a history of kidney failure (follow your surgeon's recommendations).
5. You will have a dressing (pressure dressing) placed on the procedure side which will be removed the morning following the procedure. You may bathe/shower as desired, and do not be concerned with the 'puncture' or 'small incisions' that you will have which will fade with time.
6. You may eat and drink normally, but diet should consist of liquids and soft foods (which can be easily chewed and swallowed) for the first 2-weeks following the procedure. Consistency of the food will depend on the type of procedure that you have. Alcohol and smoking should be avoided for at least 5-days following the procedure. Avoid milk and ice cream for the first 12-18 hours after a general anaesthesia.
7. You will be given a 'night guard' (lower soft bite-raising appliance/splint), which you should wear at nights only. This is a clear splint (like a gum shield), which is soft and fits over your bottom teeth.
8. You will be asked to see the physiotherapist for a few sessions a few days following your procedure.
9. In cases of complication or severe swelling, an on-call surgeon/dentist is available at the BDF Hospital each week day, including weekends and public holidays.

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**We at the BDF Dental & maxillofacial Centre wish you the best of health, and it was our pleasure treating you**