



ADVANCED AESTHETIC CENTER FOR  
ORAL AND MAXILLOFACIAL SURGERY

## POSTOPERATIVE ARTHROCENTESIS INSTRUCTIONS

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1. SWELLING IS TO BE EXPECTED FOR THE FIRST DAY OR TWO FOLLOWING PROCEDURE.
2. DISCOMFORT MAY BE EXPERIENCED THE EVENING OF PROCEDURE AND MAY LAST INTO THE NEXT DAY OR TWO. GENERALLY, THIS IS MILD AND CAN BE CONTROLLED WITH YOUR PAIN MEDICINE.
3. HEAD SHOULD BE ELEVATED AND ICE PACKS USED FOR INITIAL 24 HOURS FOLLOWING THE PROCEDURE, USING MOIST HEAT AFTER INITIAL 24 HOUR PERIOD.
4. A SMALL BAND-AID® WILL BE PLACED OVER YOUR INCISION AND THIS CAN BE REMOVED THE FOLLOWING DAY. CLEAN THE AREA WITH HYDROGEN PEROXIDE AND APPLY NEOSPORIN® ON SITE TWICE DAILY. IF STITCHES ARE PLACED THEY WILL BE REMOVED IN THE OFFICE ON THE FOURTH OR FIFTH POSTOPERATIVE DAY. YOU MAY WASH YOUR HAIR AS YOU DESIRE.
5. **DIET:** THIS SHOULD CONSIST OF EXTREMELY SOFT FOODS FOR A COUPLE OF WEEKS FOLLOWING PROCEDURE.
6. **PHYSICAL THERAPY:** YOU WILL BE INSTRUCTED ON HOW SOON AFTER THE PROCEDURE TO BEGIN NEUROMUSCULAR MASSAGE THERAPY AND/OR ULTRA SOUND TREATMENTS.
7. **OCCLUSAL APPLIANCE THERAPY:** THE APPLIANCE SHOULD BE WORN 24 HOURS UNLESS OTHERWISE INSTRUCTED.
8. **JAW EXERCISES:** THESE ARE TO BEGIN AS SOON AS YOU ARRIVE HOME. YOU ARE TO OPEN YOUR MOUTH AS FAR AS COMFORTABLY POSSIBLE, HOLD FOR THREE (3) SECONDS AND THEN CLOSE. THIS SHOULD BE REPEATED AT LEAST TWENTY (20) TIMES. THE NEXT MOVEMENTS WILL BE TEN (10) TIMES TO EACH SIDE, RIGHT AND THEN LEFT. THESE EXERCISE SHOULD BE PERFORMED AT THE BEGINNING OF EACH HOUR THAT YOU ARE AWAKE FOR THE FIRST FOUR OR FIVE DAYS FOLLOWING SURGERY, UNTIL YOU ARE EXAMINED IN THE OFFICE. YOU WILL GIVEN SPECIFIC WRITTEN JAW EXERCISE INSTRUCTIONS.
9. IF THERE ARE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT OUR OFFICE. WE ARE AVAILABLE 24-HOURS A DAY FOR ANY EMERGENCY SITUATIONS.