



ADVANCED AESTHETIC CENTER FOR  
ORAL AND MAXILLOFACIAL SURGERY

## POSTOPERATIVE ARTHROSCOPY INSTRUCTIONS

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1. EXPECT TO EXPERIENCE SWELLING FOLLOWING ARTHROSCOPY. THIS IS NORMAL AND WILL GENERALLY PERSIST FOR AT LEAST A FEW DAYS.
2. SOME DISCOMFORT WILL USUALLY BE EXPERIENCED THE EVENING OF SURGERY AND MAY LAST INTO THE NEXT TWO (2) TO THREE (3) DAYS. GENERALLY, THIS IS MILD AND CAN BE EASILY CONTROLLED WITH YOUR PRESCRIPTION MEDICATION FOR SEVERAL DAYS.
3. THE DRESSING CAN BE REMOVED THE MORNING FOLLOWING THE SECOND DAY OF SURGERY, AND YOU MAY BATHE OR SHOWER AS DESIRED. DO NOT BE CONCERNED ABOUT THE SMALL INCISIONS. YOU MAY GET THEM WET WITHOUT WORRY. THE SUTURES (STITCHES), IF PLACED, WILL BE REMOVED IN THE OFFICE ON THE FOURTH OR FIFTH POSTOPERATIVE DAY.
4. ICE MAY ALSO BE APPLIED TO THE FACE IN 20 MINUTES INTERVALS FOR THE FIRST 48 HOURS. AGAIN, THIS IS TO HELP REDUCE THE SWELLING AND MAKE YOU MORE COMFORTABLE. YOU MAY APPLY A HEATING PAD THE THIRD DAY AFTER SURGERY, OR CONTINUE WITH THE ICE IF HEAT IS NOT TOLERATED.
5. JAW MOVEMENT USUALLY IS LIMITED FOR THE FIRST SEVERAL DAYS. RANGE OF JAW MOTION AND VERTICAL OPENING SHOULD BE RESTORED AFTER ABOUT FOUR (4) WEEKS DEPENDING ON THE CASE AND PROCEDURE(S) PERFORMED. FOLLOW THE TMJ EXERCISE INSTRUCTIONS WHICH ARE GIVEN TO YOU SEPARATELY; YOU WILL BE INSTRUCTED ON ADVANCING YOUR JAW EXERCISES PROGRESSIVELY.
6. **DIET:** THIS SHOULD CONSIST OF LIQUIDS AND EXTREMELY SOFT FOODS FOR THE FIRST SIX (6) WEEKS. THE CONSISTENCY OF YOUR DIET WILL DEPEND UPON THE TYPE OF PROCEDURE(S) PERFORMED, AND WE USUALLY WANT YOU TO STAY ON SOFT FOODS FOR AT LEAST TWELVE (12) WEEKS.
7. **OCCLUSAL APPLIANCE THERAPY:** THE APPLIANCE WILL BE PLACED IMMEDIATELY AFTER SURGERY. THIS SHOULD BE KEPT IN AT ALL TIMES UNTIL YOU ARE EVALUATED BY YOUR DOCTOR POSTOPERATIVELY. YOU WILL BE INSTRUCTED ON YOUR APPLIANCE WEAR, WHICH USUALLY CONSISTS OF FULL TWENTY FOUR (24) HOUR USAGE FOR THE FIRST SEVERAL WEEKS AFTER SURGERY. ADJUSTMENTS TO THE APPLIANCE MAY HAVE TO BE MADE.
8. **PHYSICAL THERAPY:** YOU WILL BE INSTRUCTED ON HOW SOON AFTER THE SURGERY TO CONTACT YOUR PHYSICAL THERAPIST, IF YOU ARE SEEING ONE. HE/SHE WILL ALREADY HAVE RECEIVED THE APPROPRIATE POST-TMJ ARTHROSCOPIC THERAPY ORDERS.
9. IF THERE ARE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT OUR OFFICE. WE ARE AVAILABLE TWENTY FOUR (24) HOURS A DAY FOR ANY EMERGENCY SITUATIONS.