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TEMPOROMANDIBULAR ARTHROCENTESIS AND ARTHROSCOPY POSTOPERATIVE INSTRUCTIONS

- After this conservative TMJ treatment, discomfort and swelling can last for 1 week.
- You may apply ice to the surgical area 20 minutes on and 20 minutes off for 24–48 hours postoperatively.
- Bleeding should be minimal. Call if you have any bleeding concerns. You may apply pressure on wound directly with clean gauze to control this.
- Diet should be very soft for 2–3 weeks postoperatively. You may need to supplement for appropriate nutrition.
- If requested, and you have a TMJ splint, this should be placed as soon as possible after surgery. This is often left in place for 2–3 weeks and only removed for cleaning. You may brush your teeth using caution.
- Physical therapy should begin within a short time after surgery. Usually this is prearranged.
- You should follow-up in 1 week for suture removal if requested.
- Please do not hesitate to call our office with any questions or concerns.

