

TMJ Procedure Post-Operative Instructions

Arthrocentesis: Flush out of the joint with saline

- Band-aid can be removed from in front of ear the day after procedure
- Soft diet- avoid crunchy or difficult to chew foods (thick meats) and chewing gum for 2 weeks
- Ice can be used the first 72 hours to reduce swelling immediately after procedure. After 72 hours, warm compresses can be used to allow any swelling that has occurred to resolve more rapidly
- Take medications as prescribed by your surgeon
- We allow 2 weeks of recovery from the procedure, then 2 weeks of attempting to function normally (normal diet, no medications, etc) before proceeding with MRI or any additional procedures.

Arthroplasty: Incision in front of ear to remove cartilage or abnormal bone structure

- Leave pressure dressing (facial bandage) on overnight. Bandage can be removed the following morning
- OK to shower the day after surgery (do not submerge wound under water), clean incision with soap and water, apply thin layer of antibiotic ointment (polysporin, neosporin, etc) to the incision 2-3 times per day during the first week
- Ice can be used the first 72 hours to reduce swelling immediately after procedure. After 72 hours, warm compresses can be used to allow any swelling that has occurred to resolve more rapidly
- Soft diet- avoid crunchy or difficult to chew foods (thick meats) and chewing gum for 2 weeks
- Take medications as prescribed by your surgeon
- Do not worry about limited mouth opening during the 1-2 weeks post-operatively. Jaw stretching exercises will be reviewed and started at your follow-up appointment

Condylotomy: Incision inside mouth, teeth wired together post-operatively

- Leave pressure dressing (facial bandage) on overnight. Bandage can be removed the following morning
- OK to shower the day after surgery
- DO NOT attempt to cut wires unless a life-threatening emergency occurs. Nausea/vomiting can be managed by simply leaning head forward to allow liquid content to exit the mouth
- A small amount of orthodontic wax can be applied to areas irritating lips. Please avoid putting large amounts of wax on the bars as this inhibits proper brushing/oral hygiene
- Brush the teeth and arch bars (surgical braces) with soft toothbrush and normal toothpaste 2-3 times per day starting the day after surgery
- Use antibiotic mouth rinse after brushing
- Sutures in the mouth are dissolvable
- Liquid or Pureed diet while teeth are wired together
- Ice can be used the first 72 hours to reduce swelling immediately after procedure. After 72 hours, warm compresses can be used to allow any swelling that has occurred to resolve more rapidly

Total Joint Replacement: Joint is replaced with prosthetic components

- Leave pressure dressing (facial bandage) on overnight. Bandage can be removed the following morning
- OK to shower the day after surgery (do not submerge wound under water), clean incision with soap and water, apply thin layer of antibiotic ointment (polysporin, neosporin, etc) to the incisions (in front of ear and on neck) 2-3 times per day during the first week
- Ice can be used the first 72 hours to reduce swelling immediately after procedure. After 72 hours, warm compresses can be used to allow any swelling that has occurred to resolve more rapidly
- Soft diet- avoid crunchy or difficult to chew foods (thick meats) and chewing gum for 2 weeks
- Take medications as prescribed by your surgeon
- Do not worry about limited mouth opening during the 1-2 weeks post-operatively. Jaw stretching exercises will be reviewed and started at your follow-up appointment