

1. Swelling

Immediately following the procedure, expect some swelling. Continued profuse swelling is not normal and should be brought to our attention. All swelling should peak by day 3 and should subside by the next week or so. Rapid or extreme swelling is not a normal occurrence. Sometimes it can be from the irrigation fluid used to wash out your joint, but this is usually apparent immediately after the procedure. Extreme swelling that occurs after you go home in the first 24 hours may be a sign of a hematoma. Please apply direct, firm pressure to the area and call our office. Extreme swelling that begins 48-72 hours or later, accompanied by a fever or redness, could be a sign of infection. Although this is rare, please call our office.

2. Bleeding

Bleeding should be minimal. You can remove the band aid the next day. If extreme or continued bleeding occurs, please call our office.

3. Numbness/Weakness

You may have some numbness of the entire side of your face, but this should subside. Also, you may temporarily have some weakness of the same side of the face as the procedure. This may be due to the local anesthetic used to numb the face and joint. It will wear off with time.

4. Activity

It is important to move the jaw joint. Allow your jaw to rest for the remainder of the day. The following day, begin to stretch your mouth opening. You can assist by using your hands. This helps relax the muscles of your jaw while mobilizing your joint.

Find a physiologic resting position for your lower jaw. This is a relaxed position of your lower jaw that someone has when they are watching a movie and the jaw is just hanging in place with the muscles at rest. This is how your jaw should be all the time, except when speaking or eating. Avoid clenching.

Our teeth should not touch much at all. Please do not allow your teeth to touch when swallowing.

5. Diet

Your diet will be pureed or soft. We do not want to overwork the joint and we want the muscles to rest. Continue this until instructed otherwise.

6. Baseline Pain

Unless you are allergic to or otherwise cannot take Ibuprofen or Tylenol (acetaminophen), please start taking the following:

800mg of Ibuprofen and 500mg of Tylenol every 8 hours for 4 days.

- You will receive a prescription for Ibuprofen
- Extra Strength Tylenol (500 mg) may be purchased over-the-counter

Breakthrough pain: you may take additional Tylenol, not to exceed 4000mg in one day. You may substitute Hydrocodone (which contains 325mg of Tylenol) for Tylenol.

After day 4: you may take over-the-counter Ibuprofen and Tylenol.

- We recommend no more than 2400mg of Ibuprofen in a day, if taking it for extended periods after post operative day 4.
- We recommend no more than 2000mg of Tylenol in a day, if taking it for extended periods after post operative day 4.

If pain is exceeding the recommended regimen, contact the office.

7. Night Guard

Wear your TMJ split 24/7 for the first 7 days, then only at night after that, if you have one and if it fits. If it does not fit, or you do not have one, inform us. A new one will have to be made

8. Hygiene

You can shower and bathe as usual. You can brush your teeth and resume normal oral hygiene directly after surgery.

Patient Name: _____

Ride Signature: _____

Next dose of Ibuprofen with Tylenol:
