



## TMJ ARTHROSCOPY

These instructions will help you take care of yourself at home.



### DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, begin a liquid / blenderized diet that you can drink. NO CHEWING until: \_\_\_\_\_.



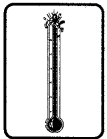
### ACTIVITIES

Wear your bite splint at all times except to eat. Rest with your head elevated on at least two pillows. On the second morning after surgery, begin to stretch your mouth open. You will eventually be able to fit three (3) fingers edgewise between your front teeth.



### SPECIAL CARE NEEDED

Keep the small wounds in front of your ears CLEAN and DRY. Beginning tomorrow, clean the areas with a solution of ½ water and ½ hydrogen peroxide. Then cover with a bandaid daily. FOR THE FIRST 24 HOURS: Use ice packs on each side of your face. Alternate icepacks on for 30 minutes, then off for 30 minutes.



### INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



### WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

**Call 911 if you have chest pain or shortness of breath**