

TEMPOROMANDIBULAR JOINT ARTHROSCOPY
POST-OPERATIVE INSTRUCTIONS

- 1. Avoid strenuous physical activity until further instructed.**
- 2. Bedrest is recommended for the day following surgery.**
- 3. Continue to wear your occlusal splint unless otherwise instructed.**
- 4. Maintain a liquid/pureed diet until further instructed.**
- 5. Avoid getting the surgical sites wet for one week post-operatively.**
- 6. Remove the band-aids on the day following surgery.**
- 7. Keep a thin coating of antibiotic ointment on the surgical sites.**
- 8. Keep an ice pack over the surgical area for 48 hours following surgery**
- 9. Internal joint swelling will prevent your back teeth from touching for several days following the surgery.**
- 10. Take your discharge medications as prescribed.**
- 11. Perform physical therapy as instructed.**
- 12. Call the office and schedule a follow-up appointment 3 days/1 week post surgery.**
- 13. If you have any questions, please call the office.**