
Post-Operative Instructions and Care for TMJ Surgery (Arthroplasty and Arthroscopy)

- Apply cold compresses to the affected side(s) 30 minutes on, 30 minutes off while awake for the first 12 -24 hours following surgery.
- Wound care - 2 days after surgery, remove adhesive bandages, clean wounds with salt water, apply antibiotic ointment to areas and reapply adhesive bandages if necessary. You can shower next day, make sure you dry out the wound area after showers.
- Keep your head elevated, at least 30 degrees, to minimize swelling, for the first few days.
- Ambulation: although you just had surgery, we recommend you do not stay in bed while awake to minimize chances of DVT(Deep VeinThrombosis), try to be as active as possible. However, you have to avoid strenuous physical activity for 1 week; you may return to school or light duty work within a week after the surgery or as tolerated.
- Swelling is expected to increase over the next 2-4 days following surgery. The swelling will begin to subside gradually.
- Foods- Day one, easy to swallow, cooler foods with lots of liquids. Day 2, soft warm foods. Keep hydrated by drinking at least 8-9 glasses of liquids a day
- Pain control & antibiotic: Antibiotics and anti-inflammatory medication are usually prescribed post-surgery. Please contact your surgeon for any additional prescriptions. You may need an appointment with the surgeon for additional prescriptions.
- Sutures: they are usually absorbable and therefore you may notice them coming out. This can happen during the first 2 weeks. The surgeon will remove any non-absorbable remaining stitches if necessary at the post-surgical appointment.
- Physiotherapy and Jaw Exercises: You may have been given instructions for post-operative physiotherapy and jaw exercises during your pre surgical appointment. Please follow your physiotherapy directives that were provided at your consultation appointment.
- Bleeding: if bleeding occurs, apply pressure over the area with gauze for approximately 30 minutes. Reapply if necessary. Call the office at 204-897-3450 if bleeding is not controlled. If the bleeding is concerning please go to your nearest emergency room.
- Temporary hearing loss after surgery is expected in some cases but may warrant further evaluation and treatment. Notify your surgeon when you return to the office for follow up.
- Ear numbness and facial weakness might happen, this is usually temporary if happens and should improve gradually over the next few weeks/months.
- You may experience a slight change in your bite and some TMJ noise which may improve gradually over time.
- The above mentioned signs and symptoms are usually more exaggerated in TMJ arthroplasty vs arthroscopy.

***If you have any questions or concerns, please call our office at (204) 779-7779.
If our office is closed, please go to the emergency room at the nearest hospital.***