



Discharge Information **after TMJ Arthrocentesis**



Pain and swelling:

- Expect moderate pain and swelling for 3-7 days, peaking at 48-72 hours.
- Take prescribed analgesia regularly.
- You may find applying ice packs to the area will help with pain and swelling.

Jaw exercises:

Begin gentle jaw exercises 24 – 48 hours post op (unless otherwise advised). These are essential for a good outcome.

Avoid:

- Wide opening (yawning, large bites) for 2-3 weeks.
- Excessive chewing for 2-3 weeks.

Diet:

Follow a soft diet for 2-4 weeks

Suggested foods:

Yoghurt, soup, mashed potato, scrambled eggs, pasta.

Avoid:

Hard, chewy or crunchy foods (eg. Nuts, steak, crusty bread).

Wound care:

Keep incisions clean and dry.

Avoid:

Touching the wound unnecessarily.

You may wash your hair gently after 48 hours (avoiding incisions).

Ear symptoms:

You may experience fullness of the ear and mild hearing discomfort.

This may last for a few weeks.

Avoid inserting anything into the ear canal.

Call the Maxillofacial team/attend A&E if you have:

- Increased swelling or pain after initial improvement.
- Fever or infection signs.
- Persistent bleeding.
- Worsening jaw stiffness/reduced opening.
- Facial nerve weakness (difficulty closing eye, difficulty raising eyebrow).
- Changes to your bite (eg. new overbite/underbite).

Follow up:

You will have a follow up appointment in 4-6 weeks.

Additional information:

https://www.youtube.com/playlist?list=PL0Zkwya_9eK9dUJbeyARqIxpud8i53EbJ

Key contact numbers:

The University Dental Hospital:



Monday to Friday 9am-5pm – **02921 842416**

After 5pm or on weekends/bank holidays - Call the hospital switchboard on **02920 747747** and ask for the '**Oral Surgery resident on call**'

Surgical Hub (Monday – Friday 7 am – 7pm): 02921 826510 or 02921 826348

Your GP or 111