

TEMPOROMANDIBULAR JOINT ARTHROSCOPY

Pain and Swelling:

- For moderate-severe pain, you can use the prescribed narcotics. These should not be taken on an empty stomach as they can cause nausea/vomiting. They may also cause drowsiness and constipation. Do not drive while medicated. For constipation, you can buy over-the-counter Colace/Docusate Sodium or a stool softener.
- Pain and swelling are usually maximum at 48-72 hours postoperative. After that period pain should continue to decrease and you can use either Tylenol or Ibuprofen for mild-moderate pain.
- You can also apply warm compress to the face frequently for the first 2-3 days postoperative to decrease tightness and improve comfort. **DO NOT SLEEP WITH AN ELECTRIC WARMING DEVICE AS THESE CAN CAUSE BURNS.**

Nausea:

- A small amount of carbonated drink, such as 7-Up or ginger ale, every hour for 5 or 6 hours will usually relieve this feeling.
- Sometimes pain medications can cause nausea. If your nausea is persistent, please call our office.

Activity:

- You may perform activity as tolerated

Diet:

- As tolerated

Additional Information:

DO NOT SMOKE. Smoking post-operatively may lead to the following:

- Malunion of reduced bone and/or intraoral wounds
- Delayed wound healing
- Infection
- Necrosis of the bone, leading to: resection or removal of bone
- Additional surgeries
- Increased postoperative pain

Please contact our office at 701-478-4404 with any questions or concerns.