



# Oral, Facial & Implant Surgical Center of South Florida

Diplomates American Board of Oral & Maxillofacial Surgery

Jerry M. Layne, MD, DDS

Carl J. Melzer, DDS

Fred Pedroletti, DMD

## POST OPERATIVE INSTRUCTION FOR TMJ SURGERY

1. Upon discharge you will have swelling in front of the ear that will last from seven to ten days. You will also experience some discomfort in the area. There may be a feeling of water in the ear.
2. You will be given prescriptions for medicines to take. They will be one or any combinations of the following according to your specific needs. Take as directed by your doctor.
  - a. Pain Medication
  - b. Anti-Inflammatory
  - c. Antibiotic
  - d. Muscle Relaxant
  - e. Other
3. You should begin light range of motion exercises the first postoperative week and these exercises will be advanced as tolerated. There may be a need to have controlled physical therapy at some point.
  - a. Exercise three to four times per day, five minutes each session. You will be provided with appropriate exercises.
  - b. Place heat to the area ten minutes prior to exercise and ice to the area for ten minutes after the exercise.
4. Maintain good oral hygiene throughout the postoperative course.
5. Diet: Non-chewing mechanical soft diet. This is very important to the success of your treatment. Follow the diet forms and suggestions that have been presented to you by your office.
6. During the postoperative period there will likely be a need for you to also be involved in splint and occlusal therapy. Wear splints 24 hours per day expect when eating and cleaning your mouth.
7. You are to schedule a postoperative appointment with our office within 7 to 10 days following the surgery day.
8. If you should have questions or problems, please contact us at **305-667-1191**.
9. Maintain a clean, dry wound in front of the ear. We prefer that you not wash your hair prior to removal of sutures, but if you do, it is very important to keep your wounds dry. Wash away from your wounds.