



**ADVANCED ORAL &
MAXILLOFACIAL
SURGERY, LTD.**

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**Arthrocentesis
Post-Operative Instructions**

- A. If the intravenous site should become red, irritated, and/or swollen, simply continue your antibiotics and use **MOIST HEAT** over the site for 20 minutes on and 20 minutes off for as long as you can. *Please contact our office and arrange a follow-up visit to evaluate the area.*
- B. If you have received exercise instructions, you must do them 5-6 times per day. **DO THIS AND ANY OTHER RECOMMENDED EXERCISE DAILY!**
- C. If instructed physical therapy management with a physical therapist is required, a written report will be sent to me on your progress. Follow their instructions.
- D. Use ice over the joint the day and evening of the surgery for 20 minutes on and 20 minutes off. This will ease the pain and swelling. After the first 24 hours, use moist heat over the site for 20 minutes on and 20 minutes off.
- E. Take your pain pills as directed with food and only as needed. Discontinue all medication if diarrhea, abdominal cramps, rash, hives or difficulty in breathing occur. *Call the office immediately.*
- F. Take your antibiotics until you have finished them. Instructions will be given to you as to when to take them. *Call our office immediately if you develop abdominal cramps and/or diarrhea.*
- G. **DO NOT ATTEMPT TO CHEW THAT DAY!** The TM joint will probably remain numb for several hours and you do not want to produce trauma to the joints.
- H. Facial muscle weakness will be temporary until the local anesthetic wears off. The physical effect will be that your face may look as if you have suffered a stroke. **This is temporary.** It may be necessary to tape your eye closed to avoid injury and/or dryness.
- I. You will return one week after the surgery unless you have complications prior to that time. If you have a suspected complication, please call our office immediately so the doctor can discuss any issues with you and/or arrange immediately follow-up care.