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ORAL AND MAXILLOFACIAL SURGERY
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TMJ ARTHROSCOPIC SURGERY

- It is very important to begin exercising your jaw. This is essential in order to re-establish a good range of motion after surgery. This may be painful at first, but will gradually get easier and easier. Practice opening straight up and down; stand in front of a mirror to ensure you are opening straight. Do this 4-5 times a day for 2-3 minutes.
- Diet is another important consideration. It is *mandatory* that you restrict your chewing for the first 2-3 weeks following surgery. Your diet will consist of soft foods *only!* Foods such as meat, bread, pizza, etc. are not allowed. Any vigorous chewing may jeopardize your surgical result.
- Bowel habits may change in your post-operative period. Following your surgery, it is common not to have a bowel movement for even several days. The bowel is a storage organ and the less that enters it, the less residue one can expect. If this becomes a problem, consult your oral surgeon at one of your routine appointments.
- For any pain after surgery, for **adults** we suggest starting with 600mg of Ibuprofen (Advil®, Motrin®) *plus* 500mg of Acetaminophen (Tylenol® extra strength) taken together every 4–6 hours as needed. For **adults weighing under 100 lbs.**, the dosage of Tylenol® extra strength should be adjusted to 5mg/lb.--For example: A 90-lb. adult should take no more than 450mg of Tylenol® (5mg x 90-lbs.=450mg) every 4-6 hours, and less depending on weight. For Advil®, the suggested dose under 100 lbs. is 200-400mg every 4-6 hours. For **children under the age of 12**, we suggest starting with Children's Ibuprofen (Children's Advil®, Children's Motrin®) *plus* Children's Acetaminophen (Children's Tylenol®) taken as directed on the packaging every 4-6 hours as needed. This combination is all that may be necessary to relieve pain. If Dr. Moriconi prescribes a narcotic pain medicine, it is important to follow the instructions on the label for taking it, and generally not on an empty stomach. If antibiotics are prescribed, it is very important to finish the entire course of treatment even if pain and/or swelling are gone. Liberally apply A&D® or other ointment to the suture lines two times each day.
- You may have someone wash your hair during the first week following surgery. Make sure they wash your hair carefully as they would at the hairdresser.
- During the early healing period, you may experience many unusual feelings, such as fullness in the ear, slight dizziness, grating or crackling noises in the jaw joint, and burning or electrical sensations along the incisions. These are normal and should not alarm you.
- Swelling is sometimes to be expected. While you were in the hospital, you received medications to help control the swelling. As these wear off, the swelling will become evident and may last several days after surgery. If you wear glasses, they may not fit properly until the swelling subsides.

Feel free to call the office (215-884-8263) should any problem develop. Dr. Moriconi will be able to assist you. Should an immediate emergency develop, go to the nearest hospital Emergency Room.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you. If you have questions about progress, call the office at 215-884-8263. If you need to speak with a doctor and the office is closed, follow the instructions that will be provided on the recording. If you have an emergency and the office is closed, call 911 or proceed to the nearest hospital emergency room.