



Patient & Family Guide
2018

Arthroscopic Temporomandibular Joint (TMJ) Surgery: Jaw Joint Surgery (Outpatients)



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Arthroscopic Temporomandibular Joint (TMJ) Surgery: Jaw Joint Surgery (Outpatients)

Temporomandibular joint (TMJ) surgery is a procedure to treat problems with the jaw joints. These include diseases that cause pain and limit jaw movement.

Arthroscopic TMJ surgery does not require an overnight stay in hospital. This pamphlet explains what to expect after your TMJ surgery.

After your surgery

- You will stay in the recovery area for about 1 hour depending on the length of your surgery.
- The nurses will take your vital signs several times while you are in recovery. This is normal.
- Until you are steady on your feet, a nurse will help you to the bathroom.

Activity at home

- You may feel sleepy and light-headed when you first get home.
- When resting, elevate (raise up) your head on 2 pillows.

Discomfort

- Take pain medications as prescribed by your doctor.
- Do not drink alcohol while taking pain medication.



To control swelling

Facial swelling is normal and may increase until the 3rd day after surgery.

- For the first 48 hours (2 days), use ice packs. Alternate 20 minutes on, then 20 minutes off.
- 48 hours (2 days) after surgery, start using warm, moist (damp) heat instead of cold packs.

Stitches

You may have stitches in front of your ear. See your family doctor in 1 week to have your stitches taken out.

Food

- You may drink liquids and eat soft mushy food during the first 24 hours (such as ice cream, JELL-O[®], milkshakes, etc.).
- Then eat warm soups and very soft foods for the next couple of days.

**What are your questions? Please ask.
We are here to help you.**

**In Nova Scotia you can call 811 to talk with
a registered nurse about your health care
questions 24/7.**

Questions or concerns once you are home

If you have urgent questions or concerns, such as (but not limited to):

- › Bleeding from the wound
- › Trouble swallowing or breathing
- › A lot of nausea (feeling sick to your stomach) and/or vomiting (throwing up)
- › Pain that gets worse or pain that is not getting better
- › Swelling that gets worse
- › Fever

Call 902-473-5238 Monday to Friday from 8:30 a.m.-3:30 p.m. If the line is busy, leave a message.

Outside of these hours, call 902-473-2222 and ask for the oral surgery resident on call. Stay on the line and the resident will be on the phone with you shortly.

Non-urgent questions

Call the Oral and Maxillofacial Surgery Clinic, Victoria General (VG) site at 902-473-2070 Monday to Friday from 8:30 a.m.-3:30 p.m.

This pamphlet is just a guide. If you have questions, please talk to your health care provider. We are here to help you.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.