



TEMPOROMANDIBULAR JOINT ARTHROPLASTY AND TOTAL JOINT REPLACEMENT POSTOPERATIVE INSTRUCTIONS

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After this surgery, discomfort and swelling can last 1-2 weeks.

You may apply ice to the surgical area 20 minutes on and 20 minutes off for 24-48 hours postoperatively.

Bleeding should be minimal. Call if you have any bleeding concerns. You may apply pressure on the wound directly with clean gauze to help control.

Diet should be very soft for 2-3 weeks postoperatively. You may need to supplement your diet for appropriate nutrition.

Physical therapy should begin within the first 2 weeks after this particular surgery. Usually this will be prearranged.

You should return to our office 1 week postoperatively for suture removal.

If arch bars have been placed, you would have had instructions regarding placement of elastic rubber bands. Please call our office if you have any questions regarding this.

Do not hesitate to call if you have any questions or concerns