



Idaho Falls Oral & Facial Surgery  
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### **Directions for Optimal Healing after Jaw Joint Arthrocentesis**

**Rest and Nutritious Foods:** Resting and eating nutritious foods are essential for healing to begin and progress normally. Soft foods are best for the first 4 weeks, nothing harder than pasta consistency. Drink extra amounts of non-carbonated fluids to avoid dehydration, especially the day of your surgery.

**Control your Pain:** Pain control is best obtained and maintained when you use your pain medicines prior to the local anesthesia wearing off. It is wise to eat some food prior to the taking this medicine as well. Take your medicine on a scheduled basis the first day-every four to six hours. You should realize that no pain medicine removes your pain sensation completely but lessens it so as to be tolerable. Do not take extra Tylenol, it is already mixed with your narcotic pain medication.

Part of your pain control strategy is taking an anti-inflammatory drug. You should continue to take this as prescribed and not stop until directed otherwise.

If adequate pain control isn't obtained please call us.

**Swelling:** Some swelling will be present after this procedure. It will be localized to the cheek and in front of the ear, directly over the jaw joint. This will resolve readily and application of a heat pack may help speed the resolution of the swelling.

**Eye Precautions:** The local anesthesia which is given for pain control during the procedure may temporarily affect the nerve that closes the eyelid. If this happens use over the counter eye drops to keep the eye moist. This will usually resolve within 2-3 hours.

**Jaw Exercises:** Three times per day hold your tongue up and back to the roof of your mouth. Keep it there and then open and close your mouth ten times. This will help with motion and muscle strengthening. Do not do more than this. No side to side motion please.