

Post-Operative Instructions:

Please contact the hospital booking team to arrange your post-operative follow up appointment in three weeks' time.

Telephone numbers can be found at www.lukecascarini.com

Should you have a post-operative concern, please email pa.consultants@hcahealthcare.co.uk within normal office hours. Outside of office hours, please contact the hospital.

Outside of office hours

Please note that there is a comprehensive out of hours service for our patients post operatively. The following instructions should be followed outside of working hours for any medical situation that requires urgent attention, but which IS NOT a life-threatening situation.

Contact the hospital where you were treated, and they will be able to provide medical advice or arrange for a doctor to see you if required.

The Wellington Hospital

Day Case Unit number is 0203 214 3643 (4th Floor PMC). If the Day Case unit is closed, then Switchboard is 0203 733 5344 and they will bleep Duty Manager.

The London Bridge Hospital

HCA LBH at Guys Reception Desk on 0203 905 4000 and ask to be put through to the duty manager (Ext 48400).

The BMI Sloane Hospital

Main hospital number, 020 8466 4000, then option 4 - (for all other enquiries)

Private Consulting Rooms:

The Platinum Medical Centre
15 - 17 Lodge Road, St John's Wood
London, NW8 7JA
Appointments: 0207 483 5148

The Shard, London Bridge Hospital
St Thomas Street,
London, SE1 9BS
Appointments: 0207 234 2009

The Sloane BMI Hospital
125 Albemarle Road, Beckenham
Kent, BR3 5HS
Appointments: 0208 466 4050

TMJ Post Op - Full ROM Exercise



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Jaw Exercises

One of the most important parts of the recovery period after surgery is jaw exercises. These can provide a number of benefits including: an increase in range of motion, restore function, improve function, and reduce long-term soreness.

Full ROM (Range of Movement) Exercise Set

There are only two movements in this set, but it is an advanced set of movements that pushes your muscles to their limit. Without full range of motion, the likelihood of adhesions (scar bands in the joint), limited opening and pain increase significantly. There will be some discomfort in performing these exercises, but do not allow this to be the limiting factor in pushing yourself. Taking Ibuprofen one hour before your exercises will help.

Exercises:

1. Prybar – place thumb on edge of top front teeth and first finger on edges of bottom front teeth. Pry open your mouth to maximal opening until you are pushing with significant force with your fingers. Do twenty repetitions, four times a day.

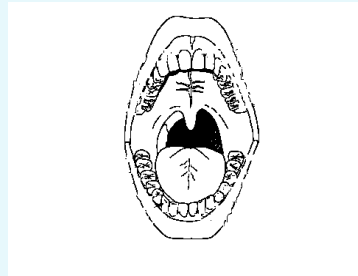
Thera-Bite (May be given to you as a substitute for Prybar) If given a Thera-Bite device, please follow pamphlet instructions included with device: twenty repetitions, four times a day.

2. Painting of the teeth – take the tip of your tongue and touch the outside surface of the furthest back tooth on the upper left side. Paint the outside surfaces of all your upper teeth from the left side to the right side staying on the cheek side of the teeth as much as possible.

** Rest for one min after each Set. ONLY four sets should be done each day.

At the conclusion of each of your four daily sets, ice face for fifteen minutes to allow the tissue and muscles to recover and heal.

These advanced movements allow the most success in the shortest amount of time if done correctly and diligently. Once again, ONLY do four sets of twenty repetitions for each movement.



Post-Operative Wound Care

1. Keep all incision sites dry for 48 hours after surgery
 - Avoid wetting the area of surgery or cover with large water-proof bandage if showering.
2. Eat soft foods that can be mushed with tongue. Soup, oatmeal, mashed potatoes, well-done pasta, peas, etc. are acceptable.
3. Avoid strenuous activity (HR>120) or heavy lifting (more than 20lbs) at least until first follow up visit.
4. Do not chew gum and avoid excessive jaw movements.

Prescriptions

1. Ibuprofen or another Non-Steroidal Anti-Inflammatory (NSAID) should be used regularly (every eight hours) as prescribed.
2. Co-codomol should be used only for breakthrough pain when needed as prescribed.
3. Muscle relaxants may be prescribed to reduce muscle spasms and muscle pain.