

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 - Limited ROM Exercise



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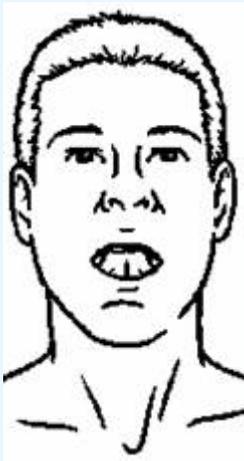
Jaw Exercises

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.

Limited ROM (Range of Movement) Exercises Set

Limited ROM exercises consist of four movements that are to be done **ONLY** four times a day. Each of the four movements should be repeated twenty times for a total of eighty movements per set. Each set of four movements should take about four minutes. Use a mirror, at least to start, to help assist you in properly performing the exercises.

1. Take tongue and roll it back as far as you can while touching the tip of your tongue to the roof of your mouth. Open your mouth as wide as you can without removing your tongue from the roof of your mouth.



2. Move jaw to one side until teeth are edge-to-edge (cusps tips on upper jaw are meeting cusp tips on lower jaw). The upper and lower teeth should line up.
3. Do the same on the opposite side.
4. Slide lower jaw forward until the front teeth are edge-to-edge.

****** Rest for one minute after each set. **ONLY** four sets should be done each day.

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

The goal by the end of two weeks is to be able to open mouth wide enough to fit two knuckles.

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 20 lbs) 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.