

# Facial Surgery Center

## POST-OPERATIVE INSTRUCTIONS FOR TEMPOROMANDIBULAR JOINT SURGERY PATIENTS

These are instructions to follow immediately after your surgery

1. You should leave the hospital with the elastic jaw bra, and the cotton fluffs in place. We would like you to leave the cotton fluffs in place for 24 hours. After that time, you can take the fluffs out, and remove the elastic dressing. We recommend that you continue to use the elastic dressing at night for approximately 2 weeks, you do not need any more cotton fluffs at night.
2. If you have tape on you skin, we want that tape to stay for approximately 3 days. At that point, you can slowly remove the tape, but do that without pulling the skin up. Under the tape will be glue-like substance which can be removed with finger nail polish remover. Once you use the nail polish remover, use a mild soap (like Ivory), to wash that chemical off of your face. At this point, it will be okay to shower and wash your face with warm water and soap. Just blot around the incisions, DO NOT RUB.
3. Once the tape has been removed, we would like for you to keep the stitches moistened with Bacitracin or Neosporin ointment.
4. DO NOT GET ANY DIRECT SUNLIGHT ON YOUR INCISIONS. You will want to wear sunscreen on the incision and scar for the first year, to prevent permanent discoloration of the scar.
5. After the first 24 hours, and the fluffs and been removed, you may find a heating pad or hot water bottle will give you more comfort, but do not fall asleep lying on the heating pad.
6. We want you to maintain a soft diet until further notice, that is nothing harder than casserole consistency foods.
7. You should have your prescriptions for an antibiotic, a pain medicine and an anti-swelling-take those as prescribed on the bottle. You do not have to take all of the pain medicine, but please take all of the antibiotic and anti-swelling medicine.
8. We would like you to sleep with your head elevated for the first 3 nights after surgery. This is with your head up approximately 30 degrees, like sleeping on two pillows, or sleeping in a recliner. Lying flat increases the chance of post-operative bleeding, bruising and swelling.
9. After the second post-operative day, for walks in the morning and evening to exercise your legs and lungs to promote healthy, healing circulation.