

## **Affiliates in Oral and Maxillofacial Surgery**

**Dr. James E. Berwick, D.D.S.**

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### **Post-op TMJ Instructions**

- You may shower and/or wash your hair, but first cover the incision(s) with Bacitracin ointment.
- Do not try to clean your ears with Q-Tips or anything else until the doctor tells you it is safe to do so.
- Take the prescribed medications as directed on the label.
- Use a heating pad or hot water bottle on the sides of your face to help bring any swelling down.
- If you are in fixation (mouth wired closed), do not try to open your mouth. The period of fixation will be very short.
- Drink small amounts of liquids frequently throughout the day. After the elastics are removed, you may have very soft foods such as mashed potatoes, scrambled eggs, pancakes, oatmeal, etc.
- Do not force your mouth wide open. The doctor will give you a series of exercises to do when it's time to start stretching the muscles.
- Any activity that you feel like doing is permitted.

If any unusual symptoms occur or if you have any questions concerning your progress, do not hesitate to call the office during business hours (Mon.-Fri., 8am – 5pm) as we will have access to your records at that time. If an emergency arises we may be reached 24 hours a day by calling (719)597-4060.