

L I A M M O O R E

ORAL AND MAXILLOFACIAL SURGEON

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| PHONE | 03 662 9997 |
| ADDRESS | Leinster Chambers St George's Hospital 249 Papanui Road Merivale, Christchurch 8014 |
| WEB | specialistoms.co.nz |
| EMAIL | reception@specialistoms.com |

TMJ Surgery

General Anaesthetic

Before Surgery

Your surgery will take place at **St George's Hospital Day Surgery Centre**. *Please telephone the hospital on 03 375 6010 the day before your surgery to find out what time you should be admitted.*

1. Ensure you have returned your confidential admission forms to the hospital at least 3 days prior to your surgery (where possible).
 2. **Do not eat or drink anything (including water) for 6 hours prior to your surgery.** This precaution is necessary to avoid the risk of vomiting during or after surgery.
 3. **You are not allowed to drive a vehicle during the initial 24 hours following your surgery.** This means a responsible person will need to take you home. It is fine to use a taxi, but you must still have a responsible person to accompany you. Travelling alone after general anaesthesia is not appropriate.
 4. Please arrange for a **responsible adult** to stay with you for the initial six hours following surgery.
 5. No smoking at least 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible prior to the day of surgery.
 6. Please wear **comfortable, warm loose-fitting clothes** with loose sleeves and wear low-heeled shoes.
 7. Please do not wear lipstick, excessive makeup, or **nail polish** on the day of surgery.
 8. Please do not take **herbal medication / arnica** for 2 weeks prior to your surgery, as it could cause excessive bleeding during your surgery.
 9. If you have an **illness** such as a cold, sore throat, stomach or bowel upset, please notify the office.
 10. If you take **routine oral medications**, please check with Mr Moore prior to your surgery for instructions.
 11. If you are a private patient, please make sure you have obtained **3 quotes** for your surgery (Mr Moore, Anaesthesia Associates and St George's Hospital). If you have not done so, please contact Mr Moore's reception.
 12. **If you have medical insurance, please make sure you have forwarded a copy of your pre-approval to Mr Moore's practice manager at reception@specialistoms.com prior to your surgery.**
 13. If you have received a prescription from Mr Moore prior to surgery, please ensure you get this filled before the day of surgery.
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After Surgery

Depending on your type of surgery you will have a 1 or 2 night stay at St George's Hospital.

Once discharged keep up with the prescribed **pain medications** as soon as you get home or begin to feel discomfort. This will usually coincide with the local anaesthetic wearing off. It is good practice to stay on top of pain by taking your painkillers regularly (i.e. 6-hourly) for the first 2-3 days. We prefer to prevent pain rather than treat pain.

Do not operate machinery or drive a vehicle. Doing so could lead to charges of driving under the influence of drugs. This means a responsible person will need to take you home. It is fine to use a taxi, but you must still have a responsible person to accompany you. Travelling alone after sedation is not appropriate.

Do not make **important decisions**, such as sign important documents

You may be sleepy and forgetful for some hours and may experience periods when you feel "normal" and others when you feel tired. This is a common reaction and may last for 24 hours after surgery

Do not smoke for as long as possible following surgery, as it slows down wound healing and makes you more susceptible to infection.

Post-Operative Concerns and Instructions

There will be an element of pain as with any surgical procedure. This is well controlled with baseline paracetamol and ibuprofen with the option of an opioid such as codeine.

You may have stitches around the joint to secure the wounds for approximately 5-7 days and will usually be removed in our office. For open procedures and total joint replacements, the stitches are usually "buried" and do not require removal.

Frequently, you will have numbness around the surgical site with swelling and an occasional "droopy" face due to temporary facial nerve weakness. In most cases, this resolves in a short period of time.

You may start physical therapy within 48 hours in order to maintain movement and help healing. This is an imperative part of the treatment regime, if you have not heard from your physiotherapist prior to your discharge from hospital please let Mr Moore's rooms know.

You may experience a temporary change in your bite. If so, this will usually resolve in 5-7 days.

You may notice clicking in your jaw joint that was not present before. This may be normal and is not a cause for concern.

Our practice will usually contact you for a follow up appointment shortly after discharge

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Do's and Dont's After Surgery

Your jaw movement may be limited for several weeks so you must maintain a diet of liquid and soft foods during this time.

Do not touch the wounds for at least 1 week. It is extremely important to maintain clean wounds. You can shower but avoid wetting the surgical sites under the dressings.

Please take all medications as prescribed. This may be a combination of analgesics (pain killers) and antibiotics. Antibiotics are not usually prescribed for arthroscopic surgery.

If you need ice packs on the surgical site, only place it over the dressing and not directly over the wound. By week three or four, light exercise is allowed, but do not participate in contact sports until you cleared specifically for them.

Even if you are starting to feel better, do not excessively exercise. For the first week, you can take short walks, but do not overestimate your ability.

Helpful Hints and Tips

- Stock Up on Vitamin Shakes - During the initial weeks of recovery, good proper nutrition is required to facilitate healing. Get a supply of vitamin-enriched shakes. These can help relieve hunger and stimulate your digestive system as well. You also can make smoothies from fresh fruit.
 - Use Towels for Drooling - It is not unusual to drool excessively after such procedures. Keep a towel on hand to wipe your mouth and chin, and to wipe up any spills from drinking.
 - Keep Your Head Elevated - Try to sleep in the reclined position by propping yourself up by pillows. Keeping your head elevated can help the swelling subside faster.
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