

Keyhole surgery of the jaw joint

These instructions are intended for printing. The instructions contain sections to be filled in.

Procedure

Keyhole surgery of the jaw joint (arthroscopy) is performed in local anaesthesia. The joint's condition is examined, it is flushed and possible adhesions are removed.

Recovery

There may be some swelling and tenderness in front of the ear after the procedure. You are nevertheless allowed to move the jaw normally. It is important that the jaw is being moved immediately after the surgery at home. The jaw can be opened with the help of the fingers as much as pain allows. If you have an occlusal appliance you can try to use it. You may eat normally.

Wound care

The wound is covered with a wound tape and a bandage that is attached around the wound. You may remove the bandage the day after the surgery and take a shower. You may go to sauna 2 days after the surgery. Remove the tape on the wound before going to sauna. There are no sutures on the wound. When washing your hair, do not let water enter the wound directly.

Treatment of pain

Pain medication and application of cold help for the swelling and tenderness experienced after the surgery. It is advisable to take every day for a week pain medication that is suitable for you.

Paracetamol

Anti-inflammatory

Sick leave is 2–3 days.

Follow-up visit is at the Oral Surgery Outpatient Clinic after 1–2 weeks.

Contacts

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552,

Mouth and Jaw Surgery Outpatient Clinic on working days from 08.00–15.00 telephone, 06 213 1572

Your own health Centre or occupational health center

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.