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### **TMJ/ TMD Post-Operative and Exercise Instructions**

1. Apply ice packs to the joints for fifteen minutes of every hour for the first 24 hours after your procedure.
2. Then apply ice packs to the joints for fifteen minutes after every meal and every session of exercises.
3. Maintain a soft/non-chewing diet until otherwise instructed by our office.
4. Perform range-of-motion exercises four times a day.
5. Range-of-motion exercises include the following:
  - Open your mouth as far as you can and hold it open for 30 seconds. You may use your fingers or wooden tongue blades/retractors (if our office gave them to you) to hold your mouth open. Repeat this five times.
  - Looking in the mirror move your lower jaw to the right and hold in place for 30 seconds. Then move your jaw to the left and hold for another 30 seconds. Repeat this exercise so that you move your jaw to each side three times.
  - Looking in the mirror move your lower jaw forward as if pushing your chin out and then return your jaw to its regular position. Repeat this ten times.