



Post Op Jaw Surgery Exercise Instructions

Following surgery (Immediately)

- For the first 24 hours after surgery ice the affected area 20 min on and 20 min off. After the first 24 hours, do not use heat or ice during post operative days 2 thru 7.
- You may be stiff, sore, and restricted in your opening.
- Movement will be difficult initially. Other than passive range of motion exercises, no other exercises are recommended during this first week following surgery.

Initial period (2nd week)

- It is ok to start using warm heat to the affected area now.
- Focus on gentle movements like opening and closing your mouth slightly, and moving your jaw side to side.
- Stand in front of a mirror and attempt to open and close your mouth. Simply move your jaw open and closed then side to side. Moist heat to the side of your face prior to these exercises can be beneficial. Do not use your fingers to force open your jaw. Do these exercises 1-6 times per day.
- At 10 days post operatively, you should be able to get at least 1 finger between your teeth. This will increase gradually in the next several weeks.

Progressive Exercises (4-6 weeks)

- Increase your jaw exercises to 4-6 times per day. At this time you should be able to get 2 fingers between your teeth comfortably and can begin using gentle finger pressure to stretch your jaw muscles.

Continual Exercises (8 weeks and beyond)

- Continue jaw exercises 4-6 times per day. By week 8 you should be able to get 3 fingers between your teeth. Again, stretch the muscles open and closed as well as side to side.
- Start with 3-4 tongue blades acting like a wedge and insert them into your mouth biting down on them and slowly add 1 tongue blade at a time in between the tongue blades to increase your opening. You can do this mouth exercise 3 times daily until you reach your maximum incisal opening.