



**BLAINE D. AUSTIN DDS**  
ORAL & MAXILLOFACIAL SURGERY

**ARTHROCENTESIS POST-OPERATIVE INSTRUCTIONS**

1. Steri-strip can be removed after 4 days.
2. Need to wear splint for 3 weeks 24 hours a day. Can take out to clean.
3. After 3 weeks wear splint at night till seen.
4. Soft diet for 3 weeks and then can slowly increase to normal diet.
5. You should start physical therapy one week after procedure.
6. You need to make a follow up appointment for six weeks after the procedure.