

## Trismus Post-Operative Care

**TRISMUS** occurs after dental treatment, usually of the lower jaw(s). Trismus is caused by inflammation of the muscles and soft tissues of the mouth, and can cause you to have trouble opening your mouth fully, with or without pain or discomfort. Trismus does improve with time, usually within a 2 week period.

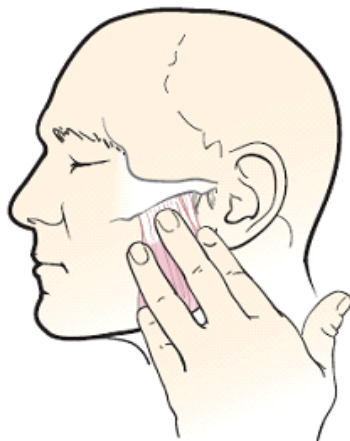
If you have trismus, there are several things that can help alleviate the muscle and jaw tightness or soreness:

- Massage
- Jaw exercises or stretches
- Anti-inflammatories
- Muscle relaxer

### **MASSAGE YOUR JAW MUSCLES**

To massage the jaw muscles, place your index (pointer) and middle finger on your cheekbone. Keeping your lips together, relax your jaw (don't clench your teeth).

Run your fingers down the cheek muscle, which ends at your bottom jaw. As you move your fingers along the muscle, find areas that feel tender or tight. Gently massage these areas with your fingers in a circular motion for 30 seconds. Do this 2 to 3 times every day.



## **EXERCISE YOUR JAW MUSCLES**

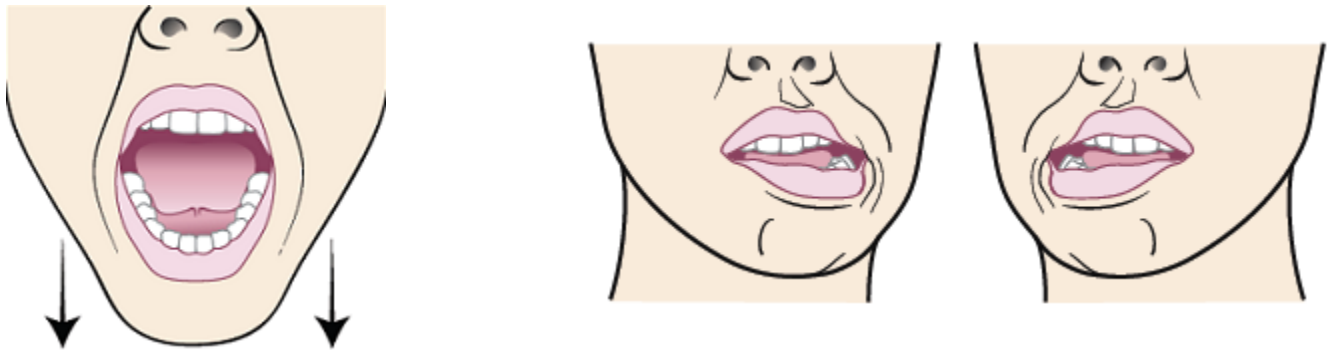
Follow these tips when doing your exercises:

- It may be helpful to use a timer or clock to make sure you hold the stretches long enough.
- Breathe normally. Do not hold your breath during the exercises.
- Do the exercises slowly and smoothly. Do not make any fast or jerky movements.
- Watch your movements in a mirror to make sure you're doing them correctly.

You can do these exercises while sitting or standing. When doing these exercises, you should feel a gentle stretch. They should not cause pain. If an exercise is causing pain or discomfort, try doing it more gently. If you still have pain or discomfort, stop right away.

**Do these exercises 3 times every day. Hold your head still while doing them.**

1. Open your mouth as wide as you can, until you feel a gentle stretch but no pain (Hold this stretch for 10 seconds, then relax. **Take 1 full breath between each repetition. Repeat this 5 times.**



2. Move your lower jaw to the left. **Hold this stretch for 3 seconds, then relax. Take 1 full breath between each repetition. Repeat this 5 times.**

3. Move your lower jaw to the right. **Hold this stretch for 3 seconds, then relax. Take 1 full breath between each repetition. Repeat this 5 times.**

## **ANTI-INFLAMMATORY MEDICATIONS & MUSCLE RELAXERS**

Common medications used for the management of trismus include muscle relaxers and anti-inflammatory medications such as NSAIDS (Ibuprofen, Motrin, Advil, Aleve, Aspirin), a Medrol Dose Pack, and Flexeril. These medications can be used in combination to alleviate pain and muscle or jaw stiffness associated with Trismus.

Please inform your doctor of any allergies to medications. Additionally, if your healthcare provider prescribes or recommends medications, please ensure you take them as prescribed. **IF YOU HAVE AND ADVERSE SIDE EFFECTS OF THE MEDICATIONS, DISCONTINUE IMMEDIATELY AND CALL YOUR HEALTH CARE PROVIDER.**