

Post TMJ Injection

Instructions

- Keep finger pressure on the bandage for about 10 minutes after the injection. The bandage must stay firmly in place and must not get wet for 48 hours after the injection.
- We will provide you with some spare bandages for replacement. If you suspect that it is loose or has been accidentally wet, the bandage should be replaced. If Possible get someone to help you replace the bandage as this is usually easier. Hands must be thoroughly washed and dried and the skin under the bandage should not be touched during replacement.

In some cases the muscles on the same side of your face as the injection may feel numb, your eye may get watery, and you may not be able to blink normally. This usually lasts for between 1-2 hours. During this time you **MUST NOT** rub your eye. Try to prevent dust from entering by using an eye patch, or cupping your hand over your eye in a dusty/windy environment. If you think you may have dust in your eye you should rinse your eye with water, or a non-medicated eye rinse.

- Avoid hard or chewy foods for the day of your injection, and the day following your injection.
- It is not uncommon to experience pain or discomfort after the local anaesthetic has worn off. This usually persists into much of the following day. You may continue your current medication as necessary. If steroids have been injected they will usually begin to take effect after 48 hours.

If you experience any side effects please call us on 6382 3888 or contact your GP.

If you are still concerned and it is after hours please contact your nearest Emergency Department.

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MEDICAL IMAGING



178-190 Cambridge Street | Wembley
6382 3888 | envisionmi.com.au