

Department of Oral and Maxillofacial Surgery

Arthroscopy of the jaw joint

This leaflet is designed to improve your understanding of your forthcoming treatment and it contains answers to many of the common questions. If you have any other questions that the leaflet does not answer or would like a further explanation please ask your surgeon.

What is arthroscopy?

Arthroscopy is a form of keyhole surgery in which a small telescope is inserted into a joint. This allows the inside of the joint to be examined in great detail. It can diagnose as well as treat problems within the jaw joint.

What does the operation involve?

Arthroscopy is usually carried out under general anaesthesia (this means that you are put to sleep completely). The arthroscope (telescope) is very slender and is introduced into the jaw joint through a small cut in front of the ear. If your surgeon also plans to treat problems within the joint, other fine instruments will be inserted through a second small cut in front of the ear.

What can I expect after surgery?

The area around your jaw joint may be swollen for a couple of days following surgery. The procedure is not a particularly painful one but you may find that you need to take simple painkillers (for example, Ibuprofen) for a couple of days. Most people stay in hospital overnight.

Do I need any time off work?

This varies enormously from person to person and depends on what type of job you do. It is recommended to take one day off work after the operation. It is important to remember that you cannot drive or operate machinery for 24 hours after a general anaesthetic.

What can I expect when I get home?

You will find that your jaw joint may be a little bit uncomfortable and stiff for a few days following surgery. It is usual to rest the jaw joint and eat a soft diet for this amount of time. Occasionally you can find that your bite may feel different for a few days due to swelling in the joint.

What are the possible problems?

Even though your surgeon looks into your jaw joint with an arthroscope, it may not be possible to treat your problem with this technique. 'Open' jaw joint surgery which involves making a cut in front of the ear is therefore occasionally still necessary. Such open surgery would be carried out on another occasion.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

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Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

Document history

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| Contact number | 01223 216635 |
| Publish/Review date | November 2009/November 2012 |
| File name | Arthroscopy.doc |
| Version number/Ref | 3/PIN0676 |