



TMJ & Sleep Apnea Center

Electro-Therapeutic Post Op Instructions

You have had recent electro-therapeutic treatment. The following will aid in a more expedient recovery.

1. It is normal to feel tired and worn out afterwards. You may also experience some soreness and discomfort.
2. You may use a cold pack for soreness and pain. You may also take a mild analgesic such as Aleve.
3. In case you feel muscle stiffness you can use a warm towel/pack. Warm baths also help.
4. Drink plenty of liquids.
5. Avoid excessive forces while eating.
6. Avoid excessively wide opening.
7. If you have any questions do not hesitate to contact us.

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