



TMJ & Sleep Apnea Center

Physical Therapy Post Op Instructions

You have had recent physical therapy. 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. If you have any questions do not hesitate to contact us.

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