Jaw Bruise, Mandibular Contusion

A mandibular contusion is an injury to your jaw (*mandible*). This has bruised some of your tissues and may have bruised the joint surfaces. The soreness and pain may continue for one to two weeks but should slowly get better.

HOME CARE INSTRUCTIONS

- Apply an ice pack to the jaw during the first 24 hours to reduce pain and swelling. Put ice in a plastic bag and place a towel between the ice pack and your skin. Keep the ice pack on your jaw for up to one half hour four times per day.
- Eat soft foods for 1 week. Cut food into smaller pieces for less chewing.
- Eat as well-balanced a diet as possible. Soft foods include baby food, gelatin, cooked cereal, ice cream, applesauce, bananas, eggs, pasta, cottage cheese, soups, and yogurt. Avoid chewing gum or ice.
- Avoid any activities which cause you to open your mouth widely. Avoid biting large pieces of food, large yawns, screaming or yelling, and singing.
- Do not rest your hand on your chin. When talking on the phone do not rest the receiver on your shoulder.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- If x-rays were taken today and are to be reviewed by a radiologist, make sure you know how to get the results, and ask if follow up x-rays are to be taken.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your medications give no pain relief.
- You do not continue to improve.
- You notice any cracking or clicking *(crepitation)* in the jaw joint.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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