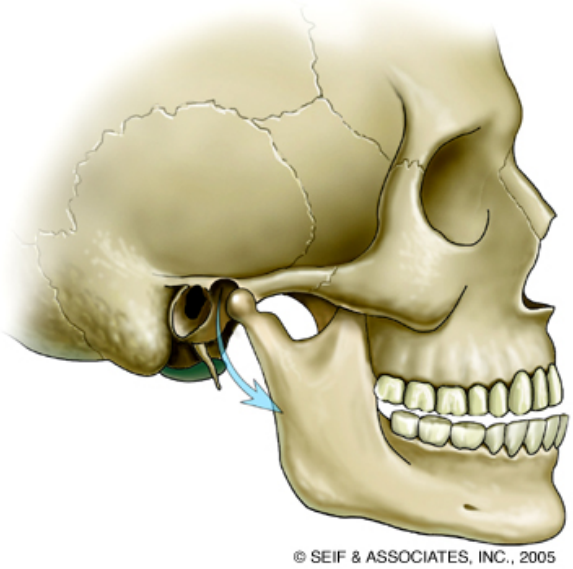
Jaw Dislocation
(Mandibular Dislocation)

A jaw dislocation occurs when the jaw bone (*mandible*) slides forward and out of place. This may occur because of an accident, contact sports, or a fight. Commonly, it happens when opening the mouth too wide yawning or yelling, etc. Soon after the dislocation, the jaw muscles tighten. This prevents the mouth from closing normally. Your caregiver has put your jawbone back into place.

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 2 hours at a time, or as directed.
- Eat soft foods for 1 week. Eat a well-balanced diet. Soft foods include baby food, gelatin, cooked cereal, ice cream, applesauce, bananas, eggs, pasta, cottage cheese, soups, and yogurt.
- Avoid any activities which cause you to open your mouth widely. Avoid biting large pieces of food, yawning widely, screaming, yelling, or singing.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.



SEEK IMMEDIATE MEDICAL CARE IF:

- Medications give no pain relief.
- Your jaw dislocates again and does not go back into place.

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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