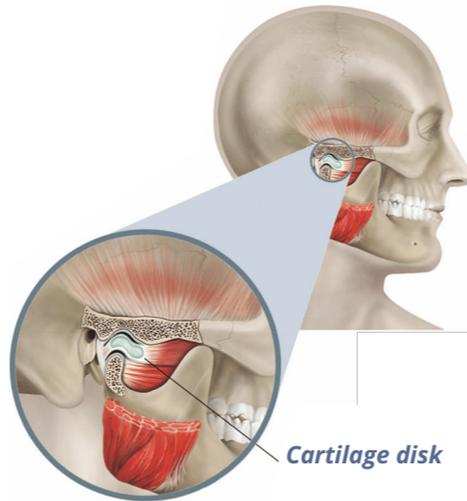


ARTHROSCOPY - MINIMALLY INVASIVE

During the procedure of Arthroscopy, the surgeon can diagnose or even treat disorders of the temporomandibular joints.

More specifically, your doctor can:

- ▶ Flush (lavage) the joint
- ▶ Insert anti-inflammatory medicine or PRP (Platelet Rich Plasma)
- ▶ Remove scar tissue and thickened cartilage
- ▶ Reshape part of Jaw bone
- ▶ Tighten the joint to limit movement
- ▶ Reposition the disc
- ▶ Perform biopsy



ADVANTAGES

Pain in the jaws is reduced

The movement of the jaws is improved

The healing is fast and easy

▶ *Will there be a scar?*

No, this is a scarless operation.

▶ *How long does the healing last?*

You can return to your every day life activities even **the next day after the surgery.**

Do you have questions? Call us!  **25 76 10 10**



Cyprus Cranio Maxillo Facial Center
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ARTHROSCOPY
A useful guide

Cyprus Cranio Maxillo Facial Center
Dr Zoe Nicolaou
Oral & Maxillofacial Surgeon

**HARMONY
CONFIDENCE
HEALTH**



Do you suffer from any of the following symptoms;

HEAD PAIN, HEADACHE

1. Forehead
2. Temples
3. "Migraine" type
4. Sinus type
5. Shooting pain up back of head
6. Hair and/or scalp painful to touch

EYES

1. Pain behind eyes
2. Bloodshot eyes
3. May bulge out
4. Sensitive to sunlight

EARS

1. Hissing, buzzing or ringing
2. Decreased hearing
3. Ear pain, ear ache, no infection
4. Clogged, "itchy" ears
5. Vertigo, dizziness

JAW

1. Clicking, popping jaw joints
2. Grating sounds
3. Pain in cheek muscles
4. Uncontrollable jaw and/or tongue movements

MOUTH & TEETH

1. Discomfort
2. Limited opening of mouth
3. Inability to open smoothly
4. Jaw deviates to one side when opening
5. Locks shut or open
6. Can't find bite
7. Clenching, grinding teeth at night
8. Looseness and soreness of back teeth

NECK

1. Lack of mobility, stiffness
2. Neck pain
3. Tired, sore muscles
4. Shoulder aches and backaches
5. Arm and finger numbness and/or pain

THROAT

1. Difficulty swallowing
2. Laryngitis
3. Sore throat with no infection
4. Voice irregularities or changes
5. Frequent coughing or constant clearing of throat
6. Feeling of foreign object in throat constantly

What are the causes of the TMJ diseases ?

- ▶ Stress and psychological pressure
- ▶ Bad teeth occlusion
- ▶ Bruxism (tightening and grinding of teeth)
- ▶ Jaw, joint or muscle injuries
- ▶ Bad habits & excessive movements
- ▶ Bad body posture
- ▶ Chewing of chewing gums
- ▶ Osteoarthritis or rheumatoid arthritis
- ▶ Tumors

How we treat TMJ?

The treatment can be non-surgical by 95% and surgical by 5%

Non-surgical - conservative treatments such as:

- Explanation and reassurance
- Patient education and self care
- Medication
- Occlusal splint
- Physiotherapy
- Behavioural therapy
- Psychological-Psychiatric Treatment
- Injection of botox

At the Cyprus Cranio and Maxillo-facial center by Dr.Zoe Nicolaou, you have the possibility of Arthroscopy, that is a truly innovative procedure for the **diagnosis and treatment of diseases related to the Temporomandibular joints**, also known as TMDs (Temporomandibular Joint Disorders).

The Temporomandibular joint disorders can be categorized as common and uncommon. As common, the list includes myofascial pain and dysfunction of the joints (MPD), internal derangements and Osteoarthritis, whilst uncommon, the list includes dislocation, ankylosis, tumors, trauma, inflammatory arthritis and infections.

Arthroscopy of the Temporomandibular joints is the procedure that uses an **"arthroscope"** that provides the ability to visualize the internal parts of the joints in order to locate the causes of the problems.



It is in reality, a **robotic technology** that allows a flexible, collapsible tube with a tiny camera to enter the region and capture image that helps the surgeon to correct the problems to the temporomandibular joints. It is a technology guided operation.



- ▶ It is a technology guided operation
- ▶ It demands general anaesthesia
- ▶ It is being held in a properly equipped operating theater