

Abstract

Nutrition after temporomandibular joint surgery is very specific but defined by clear rules. Patients in recovery receive a mixed diet for the first 3 days and then, if there are no complications, switch to a soft food diet. Many patients are concerned about postoperative pain, the overall course of hospitalization, and how the mixed food will not only taste but also look. Therefore, it is important to consider the patient's opinion regarding hospital food and how the intake of recommended food affects weight loss during recovery.

The first goal was to compare weight changes in the observed hospitalized patients at the time of surgery and 5 days after surgery. The second goal was to evaluate the patient's diet after surgery and determine how satisfaction affected weight loss. The third goal was to evaluate patient use of nutritional supplements.

The practical part was evaluated from the responses of a questionnaire survey, which involved 16 patients hospitalized in the Department of Maxillofacial Surgery at VFN from January 2023 to March 2023, who underwent temporomandibular joint reconstruction by total replacement. The same patients were subsequently monitored for weight changes.

The results showed that the average weight difference of patients after temporomandibular joint surgery was 1,2 kg. It was also found that patients were mostly satisfied with the hospital food, which was reflected in a smaller weight loss. There is still a lack of motivation to use vitamin and mineral supplements, and insufficient presentation of their benefits.