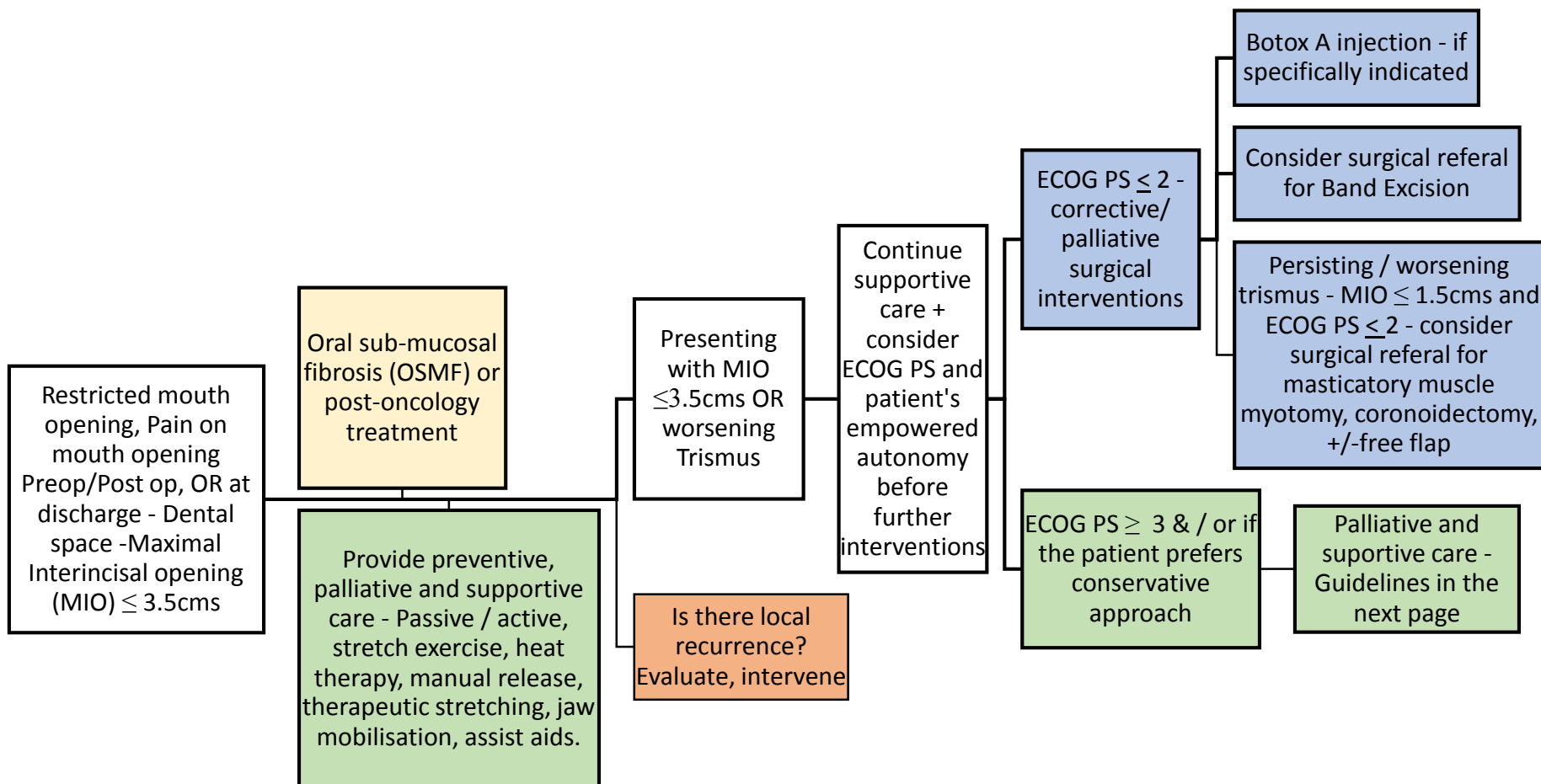
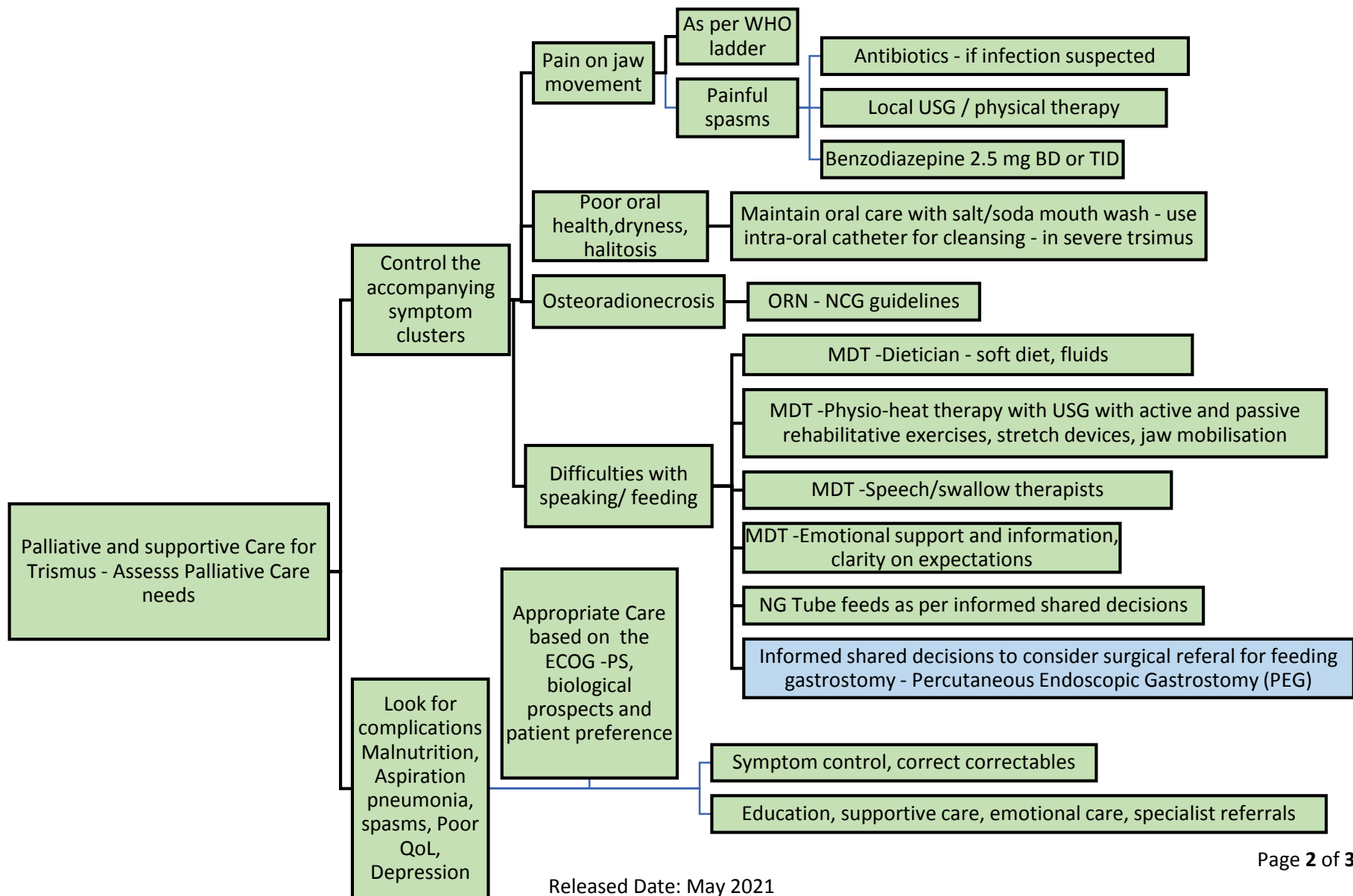


Approach to managing Trismus



NCG Palliative Care guidelines for Trismus



NCG Palliative Care Guidelines - Trismus

DRUGS (A)
1. Analgesics as per WHO analgesic ladder - NCG Pain guidelines
2. Benzodiazepines for spasms – diazepam 2.5 mg BID / TID ; Clonazepam 0.25 - 0.5 mg HS
3. Antibiotics as per institutional protocol – if infection is suspected
SUPPORTIVE THERAPY (B)
1. Dental consultation for establishment of oral hygiene regime, scaling and fluoride application.
2. Dietician – diet suitable to severity of mouth opening.
3. Physiotherapy consultation for jaw stretching exercises, assist aids or locally available appliance training and use. <ul style="list-style-type: none"> • Sugarless Chewing gum – lateral movement of the jaw • Isometric and range of motion exercises for the Mouth- stretching, wide-open, blow-cheeks, show-teeth • Use of mechanical aids like rubber plugs, padded ice-cream sticks / spoons, wooden tongue blades, spatulas ¹ • Dynamic splinting
4. Neck and shoulder loosening exercises
5. Counseling / Psycho-oncology consultation.
6. Speech and swallowing therapy as required.
PROCEDURES (C)
1. For symptom control, hydration, feeding, education/ training, conduct procedures / counseling.
2. Nasogastric (NG) Tube placement: with training for the patient and family on the maintenance/use of NG tube and dietary advice.
3. Physiotherapy – Ultra-sound for inflammatory pain
4. Percutaneous endoscopic gastrostomy (PEG) insertion under local anaesthesia: A day-care or in-patient procedure for a sick patient with training on the maintenance/use of PEG and dietary advice. Exercise therapy to be continued.

¹ Link to Educational video series for family care-givers available on NCG E-Learning website under IMPaCT - Head & Neck Program.