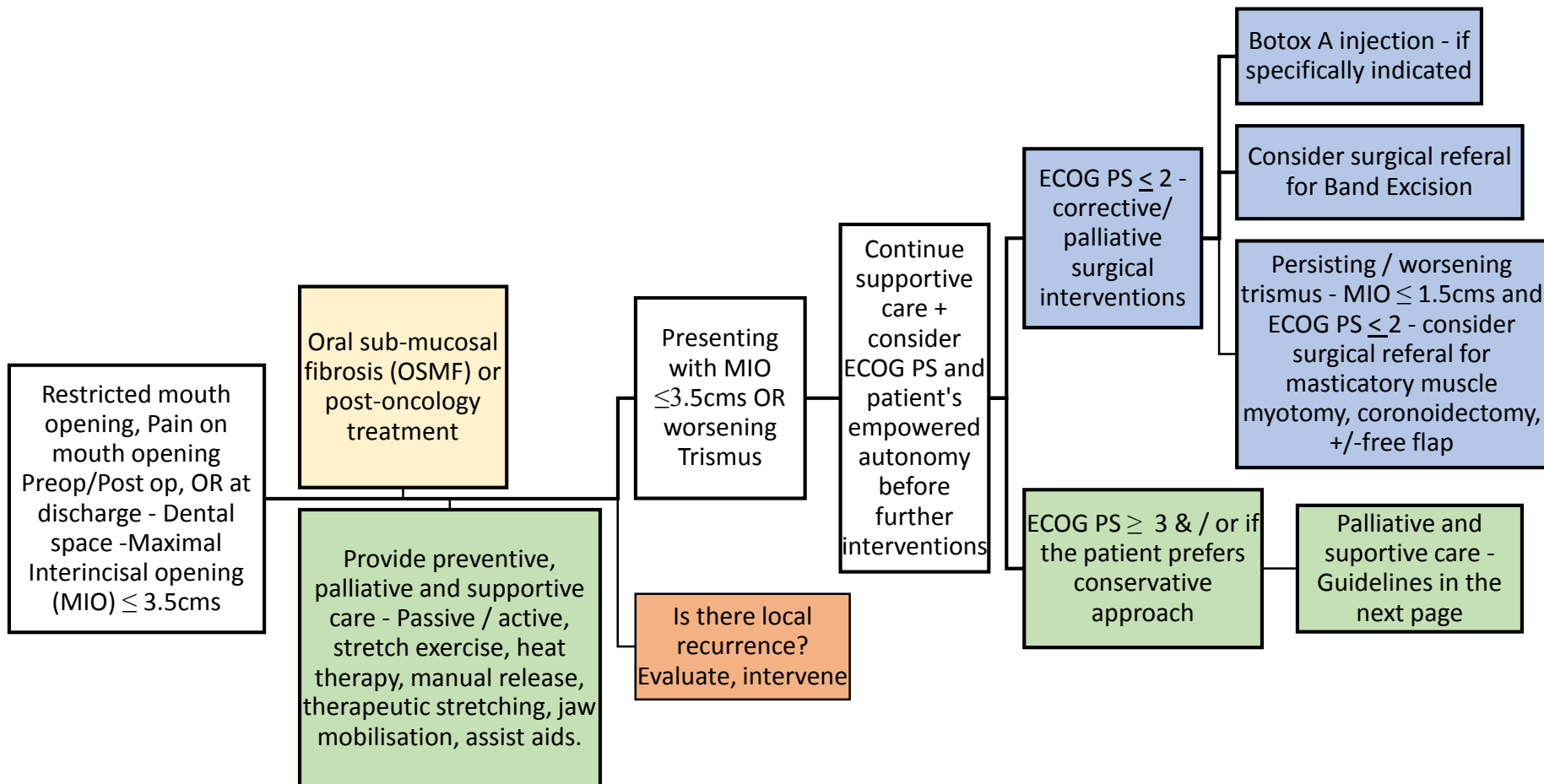
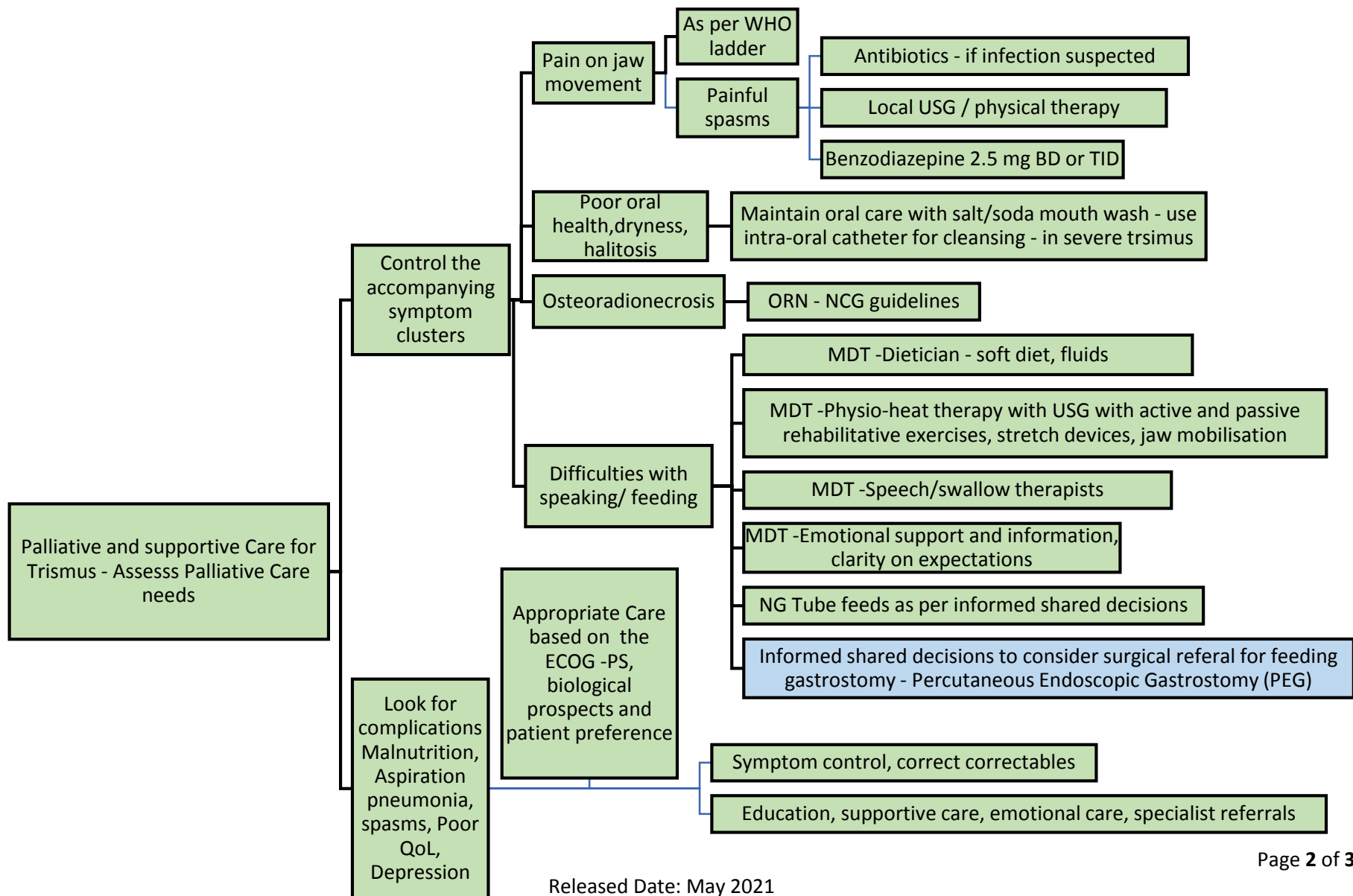


**Approach to managing Trismus**



**NCG Palliative Care guidelines for Trismus**



## NCG Palliative Care Guidelines - Trismus

| <b>DRUGS (A)</b>  |
|---|
| 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  |
| <b>SUPPORTIVE THERAPY (B)</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"> <li>• Sugarless Chewing gum – lateral movement of the jaw</li> <li>• Isometric and range of motion exercises for the Mouth- stretching, wide-open, blow-cheeks, show-teeth</li> <li>• Use of mechanical aids like rubber plugs, padded ice-cream sticks / spoons, wooden tongue blades, spatulas <sup>1</sup></li> <li>• Dynamic splinting</li> </ul> |
| 4. Neck and shoulder loosening exercises  |
| 5. Counseling / Psycho-oncology consultation.   |
| 6. Speech and swallowing therapy as required.   |
| <b>PROCEDURES (C)</b>   |
| 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.<br>Exercise therapy to be continued.  |

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