



Supplementary figure 1. Surgical sequence of needle-based temporomandibular joint arthroscopy. (A) Local anesthesia infiltration. (B) Introduction of the 0.7-mm fiber-optic endoscope through a 16-gauge needle. (C) Placement of the second 16-gauge needle with a 600- μ m diode

laser fiber for targeted retrodiscal tissue ablation. (D) Platelet-rich fibrin (PRF) injection through the second needle following completion of laser treatment.



Supplementary figure 2. Office-based temporomandibular joint arthroscopy setup demonstrating intra-articular diode laser application through a 16-gauge needle portal under direct fiber-optic visualization.