



INSTRUCTIONS FOLLOWING FRENECTOMY:

- Following the Frenectomy procedure, a certain amount of bleeding is expected. If we provide gauze to bite down on, you should maintain gentle pressure on the area for 10 minutes. A new piece of gauze may be placed every ten minutes as needed.
- A certain amount of oozing or bleeding is to be expected for the first two days.
- You may experience minimal pain or discomfort that can be relieved with ibuprofen and/or acetaminophen.
- Slight swelling around the treatment area is not uncommon.
 - For Labial Frenectomy (upper and/or lower lip), you can apply ice to the outside of the upper lip to help reduce swelling.
 - For Lingual Frenectomy (tongue-tie), you can place soft ice chips under the tongue, alternating 20 minutes on, 20 minutes off to reduce swelling and discomfort.
- Once the numbness is gone, feel free to eat and drink normally. Avoid acidic and spicy foods because they can delay healing and also cause discomfort.
- For 24 hours, please do not use mouthwash or rinses because they may sting. After the first day, gently rinse as needed with a warm salt water rinse, approximately one-half teaspoon of salt in an eight-ounce glass of water.
- Brushing your teeth and gums normally will reduce bacteria in the mouth and promote healing. Please use care when brushing any areas that were treated. Failure to brush and clean properly can cause swollen or bleeding gums that can cause additional discomfort.
- Lingual and Labial Frenectomy Exercises: It is important to move and exercise your tongue and lip almost immediately after treatment for a duration of 4 weeks:
 - Tongue Tie: 20 times a day: Extend your tongue out of your mouth
 - Tongue Tie: 5 times a day: Pretend to lick an ice cream cone.
 - Labial Frenectomy: 5 times a day: Gently lift the lip upward and outward and hold the position for 5 seconds
- Please call our office if you have any questions or concerns.

