



## **Frenectomy Post-Operative Instructions for Children and Adults**

It is normal to have discomfort after the anesthesia wears off for the first few days after the procedure. The wound usually feels like a burn in the mouth. The muscle of the tongue and surrounding structures can also be sore after the tongue begins to move in a different way. There can also be swelling in the first few days after the procedure.

A small amount of spotting or bleeding is common after the procedure, especially in the first few days. This is especially true when performing the stretches and exercises.

We recommend taking it easy for the first 24-48 hours after the procedure. We advise against strenuous exercise and heavy lifting for the first 3-5 days after the procedure.

You may eat directly after the treatment but it is advisable to wait until the anesthetic wears off. Liquid and soft foods to start off with are recommended. Don't eat anything hot or spicy or things with sharp corners (chips, nuts, etc) in the first few days, preferably lukewarm or cold food so as not to irritate the wound.

The wound will be "diamond-shaped" and will look like a hole in the beginning. Healing involves a scab forming over the wound and this occurs anytime from a few days to a few weeks. The scab is white to yellowish and tends to have the appearance of pus, but this is a normal scab in the mouth.

You may use Ibuprofen or Acetaminophen (Tylenol) for pain management according to weight and dosage on label. You can alternate Ibuprofen and Tylenol doses every four hours for maximum pain control.

Arnica is a homeopathic remedy that is also helpful in managing discomfort and inflammation.

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lip & tongue tie release

## **Reasoning for Stretches:**

There are two important concepts to understand about oral wounds:

1. Any open oral wound likes to contract towards the center of that wound as it is healing (hence the need to keep it open).
2. If you have two raw surfaces in the mouth in close proximity, they want to reattach.

Post-procedure exercises and stretches are key to getting an optimal result. These stretches are NOT meant to be forceful or prolonged.

## **General Tips:**

- Start stretches approximately 6-8 hours after procedure.
- Perform stretches every 4 hours, even at night.
- Stretches must be continued for at least 3-4 weeks and can only be stopped once the wound site looks the same as the rest of the mouth. This is usually between 4-6 weeks for the tongue and 3-5 weeks for the lip.
- All of the stretches should not take more than 1-2 minutes total.

## **Tongue Stretches:**

- Stick the tongue out, moving it up and down 10 times.
- Stick the tongue out and move from left to right 10 times..
- Stick the tongue out 10 times.
- Lick around your upper lip and lower lip 5 times.
- Suck against the palate hold for ten seconds.
- Make a clicking sound as often as possible.

## **Lip Stretches:**

- Lift the upper lip towards nostrils until it bumps into resistance. Hold it for 1-2 seconds.
- Glide your finger side to side between the gums and the lip, where the release was done, back and forth 2 times.

**Text or call Dr. Bower with any questions or concerns at 480-372-1611.**