

POST-OPERATIVE CARE FOLLOWING A FRENECTOMY

- If you have received any form of sedation, do not operate a motor vehicle the day of surgery.
- Place the gauze in the area of your surgery (either under your tongue and bite your teeth together or inside your upper lip) and close your lips tightly to hold the gauze in the area to diminish any bleeding. Change the pad every 10-15 minutes for the first 30 minutes. Do not chew the pad.
- Some bleeding following oral surgery is normal. However, if excessive bleeding occurs, fold a piece of sterile gauze pad as tightly as possible, place this over the space where the surgery was performed, and bite hard for 20-30 minutes. Repeat if necessary. If these measures are not helpful, call this office.
- You may eat and drink as normal. Try to avoid the surgical site when eating. Do not use a straw when drinking. If you had a lingual frenectomy (under your tongue), it is necessary to start using your tongue again the next day. (Examples: sticking your tongue out, licking an ice cream cone or a sucker, etc.) If you had a maxillary frenectomy (under your upper lip), avoid biting into foods like a sandwich or an apple for a few days. You may resume normal physical activity the next day.
- Do not rinse your mouth with anything for 24 hours; however, continue to brush your teeth carefully. After 24 hours, in addition to your routine tooth brushing, gently rinse your mouth with a lukewarm salt-water solution (made by dissolving $\frac{1}{2}$ teaspoon of table salt in an 8 oz glass of warm water). Rinse three to four times a day for four to five days. Take care not to empty or strain your mouth with undue force.
- Take all medications as this office has prescribed them. If a prescription for discomfort is written, do not operate a motor vehicle while taking this medication.
- Some discomfort and discoloration may be expected following a frenectomy. Black and blue areas under the tongue are bruising and can be expected. One or two Tylenol or Ibuprofen tablets every three to four hours will usually relieve the discomfort. If greater discomfort is anticipated, a prescription will be given.
- Some swelling may occur following surgery. Apply ice to the outside of the upper lip if the surgery was a maxillary frenectomy or place ice chips under the tongue if the surgery was a lingual frenectomy. Apply ice for the first 24 hours and then discontinue using the ice. Leave the ice on the area for 20 minutes, then remove it for 20 minutes. This will help reduce discomfort, bleeding and swelling.
- Sutures, do not usually have to be removed. If sutures require removal, this will be done at the post-operative appointment.