



## Frenectomy Post-Op Instructions

1. The area may have slight swelling. Swelling peaks 48-72 hours after the procedure. The area will have some discoloration develop as it heals. A grey, white or dark appearance is normal.
2. Discomfort is expected, but it is minimal. Ice packs are helpful for lip ties. Gently hold an ice-pack on the outside of your face, 15 minutes on; 15 minutes off. For children; cold teething rings or wash cloths are also soothing.
3. For pain relief, follow the instructions given to you by Dr. Baines. You can use the same over the counter medication your doctor/child's pediatrician recommends. This is usually Advil (Ibuprofen) and/or Tylenol (acetaminophen).
4. You may eat and drink normally.
5. INFANTS and CHILDREN: Feeding improvement may be seen immediately, or take as long as a week depending on the child's age. Postoperative stretches are **EXTREMELY IMPORTANT!** If exercises are not done, the child's condition can actually worsen. Stretch the tongue at least 6 times a day for 4 weeks. For the first exercise, keep your index fingers directly over the surgical area on the midline and perform a sweep up motion. For the second exercise, hold the tongue up with one index finger and sweep the other index finger along the midline.
6. If a functional frenuloplasty is performed on the tongue: Hold gauze under the tongue for the first 1-2 days, bleeding is normal. If given a prescription for viscous lidocaine, you can use it on the gauze. Resorbable sutures were used. They will dissolve. When they come out, brush the site with a soft toothbrush. Use a salt water rinse to keep the area clean. Continue with your myofunctional therapy exercises, but be gentle with the exercises for the first 3-5 days after surgery.
7. For the lip: If a laser is used for a lip tie release, stretch the lip along the midline by pushing it back 6 times a day for 4 weeks.