

Frenectomy

Please follow these instructions for care of your recent procedure

- **BLEEDING:** There may be some bleeding from the area where the tissue was removed. Most bleeding will stop within a few hours. You may see more bleeding when your child eats or brushes his/her teeth. This is normal.
If the bleeding does not seem to stop, or it seems excessive, take a wet tea bag and place it at the site of the frenectomy. Apply pressure with your fingers and leave on for 20 minutes. Repeat several times if necessary. Do not hesitate to call our office if you are concerned.
- **DISCOMFORT:** It is normal to have some sensitivity once the anesthetic wears off. The best way to minimize discomfort is to give your child Tylenol or Ibuprofen before it does. (Anesthetic usually lasts for 2-3 hours, but varies with each child.) Most children experience mild discomfort for 1-2 days, so plan on giving the over-the-counter (OTC) medications for that long.
- **EATING:** It is okay for your child to eat, but try to avoid hot/spicy foods, hard/sharp foods and citrus foods. These may cause irritation, sensitivity, or pain. It is also important for your child to avoid biting into anything hard or soft for 48 hours. You want to give the area a chance to heal. Biting into things may irritate the area, cause it to bleed and cause discomfort. Soft, mild foods are a good choice (pudding, yogurt, applesauce, Jell-O, soup).
- **CONDITIONING THE AREA:** It is a good idea to moisturize the area with Vaseline or vitamin E. This can be done 3-4 times a day over the next 2-3 days. It will help facilitate healing. Please note: it is normal for the area to initially look “brownish” (for 1-2 days), then “yellowish/green”, and finally “pinkish”. This is normal in the healing process.
- **EXERCISING THE TONGUE (FOR LINGUAL FRENECTOMY/TONGUE TIE):** After the first day, encourage your child to do some tongue exercises. Have your child practice touching his/her upper lip with the tongue several times while watching TV or reading. If it is too sore, have him/her wait another day and try again. Once he/she can do this without pain, have him/her try to touch their nose with the tongue. Continue this for 3-4 days.
- If medicines were prescribed to you, please take them as directed. Over-the-Counter (OTC) medicines can be used to help alleviate discomfort

We have done our best to provide you with the finest quality oral care available today. However, only your continuing excellent oral hygiene and professional recalls can ensure optimum service and longevity.

Should you have any concerns about your procedure, if your child has severe pain, bleeding swelling or fever, please do not hesitate to call our office at (815) 725-5991