

Frenectomy Post Operative Instructions

- If you have received any form of sedation, **do not operate** a motor vehicle the day of the 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 gauze every 10-15 minutes for the first 30 minutes. Do not chew gauze.
- **Some bleeding** following the oral surgery is normal. However, if excessive bleeding occurs, fold a piece of sterile gauze 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 the 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 out your tongue, 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 ½ teaspoon of table salt in an 8-ounce 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.
- **Some discomfort and discoloration** may be expected following a frenectomy. Black and blue areas under the tongue are bruising and can be expected.
- **Some swelling may occur** following surgery. Apply ice to the outside of the upper lip if the surgery was a maxillary frenectomy or if the surgery was a lingual frenectomy place ice chips under the tongue. Apply ice for the first 24 hours then discontinue using the ice. Leave the ice on the area for 20 minutes, and then remove it for 20 minutes. This will help reduce the discomfort, bleeding and swelling.
- **Sutures**, if they were used, **do not usually have to be removed.** If sutures require removal, this will be done at the post - operative appointment.