

## Frenectomy Post OP Instructions

*Lip and/or tongue frenectomy using a laser is a quick and painless procedures. For additional patient comfort, a small amount of anesthetic will be used.*

- A small amount of bleeding is common after the procedure, especially in the first few days, but use of a laser minimizes bleeding.
- As the wound heals it will have a look white/yellow covering – ***This is normal***. Infection may appear as swelling and/or dark red coloring around edges of the site.
- You may experience discomfort for the first 2-3 days after the procedure. To help with pain control, you may use Tylenol, Ibuprofen, Perio Sciences AO gel, or warm salt water rinses. Coconut oil is also helpful due to its antibacterial properties.
- Avoid acidic foods for a few days as they may sting the area.

**Stretching exercises after lip and tongue tie release help reduce the risk of reattachment so they are VERY important!**

- Before starting exercises, make sure to wash hands well with soap and water (not alcohol based hand sanitizers)
- The stretches are to be done 5x per day for 3 to 4 weeks
- Start stretches at dinner time on the day of procedure, then start the 5x per day the following day.
- Lip tie release stretches:
  1. Pull the lip out and up toward the nose 1 – 2 times
  2. Sweep finger from side to side 1-2 times (the goal is to place finger between lip and gums so they don't stick together)
  3. Seal lips and blow air into your mouth creating a balloon, hold for 10 seconds
- Tongue tie release stretches: hold in each position for 10 seconds
  1. Stick your tongue straight out
  2. Extend tongue up to touch your nose
  3. Extend tongue out and down as far as it will go
  4. Stick out tongue and move from left to right
  5. Suck against the palate and hold for 10 seconds
  6. Press tongue against palate and make clicking sound, repeat 5x