

# Frenectomy

## Post-operative Instructions

### FOR 1 YEAR AND OLDER

#### Emergency Numbers:

911 (if life threatening)

847-478-8100 Dr. Scholtz

ER- 847-702-8809

1. As soon as you are home, take a dose of ibuprofen or acetaminophen, and repeat every 4-6 hours for 24 hours. This will help with any pain and swelling (ibuprofen will help with swelling, not acetaminophen).
2. Apply ice pack (ten minutes on, ten minutes off) over the top lip or under the chin in the event of swelling.
3. Some minor bleeding is normal. If there is a lot of blood: for frenectomy of the maxillary (upper) apply pressure with finger over the lip for 2 minutes and then evaluate. Repeat if necessary. For the lingual frenectomy (under the tongue) pack moist gauze under the tongue, apply pressure for 2 minutes holding thumb under chin and two fingers over the gauze. Repeat if necessary. If bleeding persists, please call Dr. Scholtz.
4. Diet should be soft for the first 2-3 days. Avoid sharp chips and do not bite into things with front teeth.
5. Apply the Vitamin E oil with a clean finger onto the wound site as you were shown immediately after the procedure. Continue to apply the oil 4-5 times per day for one week. The wound should heal open; after all we are trying to release the tight attachment. We want to keep the area slippery so that there is no reattachment.
6. Exercises:
  - \*Lip-Tie Exercise: Gently lift the lip as high as it will go and hold it up for 3 seconds. Repeat 3-5 times each day until post-op visit.
  - \*Tongue-Tie Exercise: Full tongue extension forward, backward, laterally (both sides) 5xday after oil application.
7. If you wear an appliance that can impinge on the wound, avoid wearing the appliance for one week.

Your follow up appointment is: \_\_\_\_\_