

# Frenectomy

## POST-OP INSTRUCTIONS

### Day of Surgery



Directly after the frenectomy, you may still be experiencing numbness. Do not eat or drink until this has worn off. Pain, swelling, and slight bleeding is expected. Follow the post-op care as directed.

### Post-Op Care



#### Medication

Some pain or discomfort is expected at the surgery site. Use over-the-counter pain medication to alleviate symptoms. Non-steroidal anti-inflammatory medications such as Ibuprofen (Motrin, Advil) or other pain medications such as Tylenol are commonly used.



#### Food/Drink

A soft food/liquid diet is suggested the first few days after surgery. Avoiding spicy or hot foods or foods that require a lot of chewing are not recommended. Do NOT drink through a straw.



#### Wound Care

Warm salt water rinses should be done after the first day of surgery and be completed 3-4 times a day.

*No sutures*- a diamond shape wound will be present and will turn into a white/yellow patch, this is normal.

*Sutures*- will resorb or fall out on their own within 3-5 days. Don't be alarmed if a suture falls out. Continue with post-op care as directed



#### Swelling/Discomfort

After the anesthetic wears off, some pain or discomfort may appear. The oral tissues may also become inflamed or swollen, especially around the surgical site. It is reported that discomfort decreases by the 3rd day, except during stretching exercises



#### Rest

Take it easy after surgery. Minimal activity is suggested the first three days post surgery. Your body is trying to heal, so rest is needed!



#### Stretching/Exercises

Wound re-attachment can occur if stretching and exercises are not done as instructed. Follow the guidelines given by the treating doctor or your myofunctional therapist.



#### Contact

If you have any questions, please contact Myo for Kids at (937) 503-7223

# Frenectomy

## STRETCHES / EXERCISES

**Note:** Exercises and stretches are essential!! We do not want re-attachment to occur. These exercises may cause discomfort or slight bleeding.



### Lingual Frenum (tongue-tie)

#### WITHOUT SUTURES "STITCHES"

##### 12-24 hours Post Surgery

Stretching and exercises are essential to start 12-24 hours after surgery if sutures are NOT placed.

##### Days 1-5 (repeat 3 x day)

**Lingual Palatal Suction-** slightly suction your tongue to the roof of your mouth for 1 minute

**Tongue Trace-** gently trace the roof of your mouth back and forth for 2 minutes

**Massage-** gently massage the wound with a clean or gloved finger by placing your finger on the floor of the mouth, then rolling it gently towards the tip of the tongue for 1-2 minutes

**Tongue Stretch-** using a piece of gauze or paper towel, stick the tongue out as far as it can comfortably, pull the tip of the tongue straight out.

##### Days 6-14 (repeat 3 x day)

Continue with the previous exercises and stretches from days 1-5, but with more vigor

**Forklift-** add this stretch. By placing your clean or gloved thumbs under your tongue, lift up like a forklift, hold this for 1 minute



#### WITH SUTURES "STITCHES"

##### Days 1-3

Minimal activity should be done during this time to ensure the sutures stay in place.

##### Days 4-7 (repeat 3 x day)

**Lingual Palatal Suction-** slightly suction your tongue to the roof of your mouth for 1 minute

**Tongue Trace-** gently trace the roof of your mouth back and forth for 2 minutes

**Massage-** gently massage the wound with a clean or gloved finger by placing your finger on the floor of the mouth, then rolling it gently towards the tip of the tongue for 1-2 minutes

**Tongue Stretch-** using a piece of gauze or paper towel, stick the tongue out as far as it can comfortably, pull the tip of the tongue straight out.

##### Days 8-14 (repeat 3 x day)

Continue with the previous exercises and stretches from days 4-7, but with more vigor

**Forklift-** add this stretch. By placing your clean or gloved thumbs under your tongue, lift up like a forklift, hold this for 1 minute



### Labial Frenum (lip-tie)

##### 12-24 hours Post Surgery

Pull the lip up as high as possible, high enough to press against the nose or chin (depending on a upper or lower attachment) A diamond shape wound will appear with a white/yellow patch. Repeat this stretch 3 x day.



#### Contact

If you have any questions, please contact Myo for Kids at (937) 503-7223