

Post Surgical Instructions for: Frenulectomy

Brushing / Flossing

- Gently brush and floss the area. It is important to keep the area clean as it is healing
- Brush and floss all other teeth normally

Eating

- Softer foods will be desired for the 1st day
- Avoid crunchy, hard, spicy, salty foods (pretzels, nuts, chips) as they will irritate the treated area(s)
- Avoid drinking with a straw for the first 3 days as this can create bleeding from the treated area

Discomfort

- It is normal to experience soreness. Typically the 1st day is when the most soreness will occur
- See pain medication below

Bleeding

- The area will slightly bleed the day of the procedure and possibly the next day
- Moist gauze will be sent home for you to fold and place under the lip
- **Do not go to sleep with the gauze in your mouth as you could accidentally swallow it**

School / Work

- It is best not to return to school or work the day of the procedure due to discomfort and bleeding
- If pain or bleeding is not a concern, you may return the next day

Sports / Exercise

- Avoid playing sports or exercising the day of the procedure
- If pain or bleeding is not a concern, you may resume activity the next day

Prescription Mouth Rinse

- Rinse twice daily (after breakfast and before bedtime) for 1 week

Antibiotic

- If one is prescribed, take until gone

Pain Medication

- Children take as needed: Children's Tylenol, Children's Motrin

- Adults take as needed: Tylenol, Ibuprofen

1 Week Follow-Up Appointment

- An appointment will be scheduled for you to return 7-10 days following the procedure

Questions or Concerns

- **Office # 317-844-2792**
- **After hours emergency # 317-691-4169**

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