

# 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 the 1<sup>st</sup> day (i.e. pasta, cottage cheese, mashed potatoes)
- Avoid crunchy, hard, spicy or salty foods (pretzels, nuts, chips) as they will irritate the area
- 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 especially the day of treatment

## Bleeding

- The area will slightly bleed the day of the procedure and possibly the next day
- Moist gauze will be sent home with you, for you to fold and place under the lip to absorb and control any bleeding. Typically you will only need to change the gauze every 15 minutes until you no longer see blood.
- **Do not go to sleep with the gauze in your mouth as you could accidentally swallow it**

## Medication

- **Pain Medication**  
Children take as needed: Children's Tylenol or Children's Motrin  
Adults take as needed: Tylenol or Ibuprofen

## 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

## Questions or Concerns

Office – 317-844-2792

After hours emergency for Dr. Kurt – 317-691-4169

After hours emergency for Dr. David – 317-405-7420

Surgical Assistant \_\_\_\_\_

## 3-4 week follow up appointment

☐ Date \_\_\_\_\_ Time \_\_\_\_\_ a.m. p.m

☐ We will call you to schedule