



## POST OPERATIVE INSTRUCTIONS FOR FRENECTOMY

IF YOU HAVE RECEIVED ANY FORM OF SEDATION, DO NOT OPERATE A MOTOR VEHICLE THE DAY OF SURGERY.

Place dry gauze in the area of your surgery (either under your tongue and bite your teeth together or inside your upper lip) and close your lips tightly to hold the gauze in the area to diminish any bleeding. Wet the gauze prior to removal. Change the pad every 10 to 15 minutes for the first 30 minutes. do not chew the pad.

You may eat and drink as normal. Try to avoid the surgical site when eating. do not use a straw when drinking. If you had a lingual frenectomny (under your tongue), it is necessary to start using your tongue again the next day. (Examples: sticking your tongue out, licking an ice cream cone or a sucker, etc.) If you had a maxillary frenectomy (under your upper lip), avoid biting into foods like a sandwich or an apple for a few days. You may resume normal physical activity the next day.

do not rinse your mouth with anything for 24 hours; however, continue to brush your teeth carefully. After 24 hours, in addition to your routine tooth brushing, gently rinse your mouth with a luke-warm salt water solution (made by dissolving 1/2 teaspoon of table salt in an 8 oz. glass of warm water). Rinse three to four times a day for 4 to 5 days. Take care not to empty or strain your mouth with undue force. You may be asked to rinse with Peridex, follow the instructions on the bottle.

Take all medications as the doctor has prescribed them. If a prescription for discomfort is written, do not operate a motor vehicle while taking this medication.

### MEDICATIONS:

Take all medications with a full glass of water, and as directed on the bottle. Call us if you experience severe nausea, diarrhea or cannot swallow your pills.

•Antibiotics: Continue until the bottle is empty. Do not quit halfway.

•Pain Medicine: Continue as necessary. Remember that narcotics can make you drowsy, so no driving, operating machinery or alcoholic beverages while you are taking them.

•Taking Ibuprofren every four hours by the clock could prevent you from needing pain medications. For mild discomfort, use ibuprofren. do not take more than 400mg (2 pills) every 4 to 6 hours ( max 3200mg daily). If you cannot use Ibuprofren, you may take Acetaminophen. Please consult your doctor before taking any Acetaminophen as some medications used in our office already contain it.

•If you have been pre-medicated with an oral sedative, do not sit up or stand quickly or walk unassisted today. do not drive a vehicle, operate machinery or make important decisions for 24 hours. Have someone with you today.

Some swelling may occur following surgery. Apply ice to the outside of the upper lip if the surgery was maxillary frenectomy or place ice chips under the tongue if the surgery was a lingual frenectomy. Apply ice for the first 24 hours and then discontinue using the ice on the area for 20 minutes and then remove it for 20 minutes. This will help reduce discomfort, bleeding and swelling. Most sutures require removal; this will be done at the post-operative appointment.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE DO NOT HESITATE TO CONTACT OUR OFFICE AT: 806.797.0341