



Post-operative Care Following Frenectomy

Following a frenectomy, we want to make sure the treated area(s) heal properly and don't reattach.

For an **upper lip frenectomy**: The following stretches should be done 6x/day.

- 1) Stretch the upper lip up over the nose (or as far as possible) using both hands with your thumbs and forefingers.
- 2) Keeping your hands, thumbs and forefingers in the same position over the nose, pull the lip back and forth to the right and to the left.

For a **lingual (tongue) frenectomy**: Do these exercises 6x/day.

- 1) Opening as wide as possible, touch tongue to roof of mouth (or as far as you can reach).
- 2) Sticking tongue out, extend tongue up towards nose as far as possible.
- 3) Sticking tongue out, extend tongue down towards the chin.
- 4) Extend tongue straight out of the mouth as far as possible.
- 5) Sticking tongue out, extend tongue to the right and left out past the corners of the lips as far as possible.
- 6) Inside the mouth, touch the cheek side of the very back four molars with your tongue.

Take Motrin or Tylenol for discomfort if needed. Take the normal dose for your age/weight.

In the case of more sensitivity, you may take Motrin and Tylenol at the same time for a few days.

Be gentle yet firm during stretching, applying a good amount of pressure. You may notice bleeding from the treated area for the first week if you are stretching correctly. If your child is having difficulty with the stretching and exercises, make it a game and play along with them. You can model the exercises first (including lots of funny faces) and have them copy you.

To closely monitor proper healing, we would like you to text us a photo of the treated area(s) in one week. Additionally, we would like to schedule a post-op visit in the office three weeks from the procedure. Please call us if you need anything!

Thank you for trusting us with your child's dental health!

