



Post-operative Care Following Frenectomy/Frenuloplasty

Goal: to make sure the treated area(s) heal properly and don't reattach.

For a **labial (lip) frenectomy**: The following stretches should be done 6x/day (spread throughout the day). 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.

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

For a **lingual (tongue) frenuloplasty**:

While sutures are present, no stretches/exercises for the first 5 days. Resume the work your myofunctional therapist recommended on day six.

Important: If one or two of the sutures have come out within the first five days, send us a photo for further instructions. If all stitches have come out, then resume the protocol that your myofunctional therapist has recommended, even if it's prior to day 5.

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.

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 see you back for a post-op visit in a week. At weeks 2 and 3 please send us a photo of the treated area(s) for review to ensure the stretches and healing are going well. You can text our office cell phone the photos at (828) 989-0301. Please note this phone is only monitored during business hours.

Please call us if you need anything!

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

