



Post-operative Care following Infant 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) and hold for 5 seconds (using both hands with your thumbs and forefingers).
- 2) Keeping your hands, thumbs and forefingers in the same position, pull the lip back and forth to the right and to the left. Be gentle yet firm, applying a good amount of pressure. You may notice bleeding from the treated area for the first week if you are stretching correctly.

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

Use the plastic tongue guide you were given to stretch under the tongue. Slide the flat end of the tongue guide under the tongue, then lift up several times to stretch. You may also notice a little bleeding from under the tongue if you are applying enough pressure.

If your infant is acting fussier than usual, consider giving them Tylenol (160mg/5mL) every 4 hours. Dose is weight based: 6-12 lbs. = 1.25ml (1/4 tsp), 13-17 lbs. = 2.5 ml (1/2 tsp).

*Note: While some infants don't mind the stretches, others dislike them and may benefit from a super gentle approach before and after stretching. Consider gently massaging your baby's face and applying a little breast milk to their gums and cheeks before doing the stretches to "warm them up." Follow the stretches with some snuggle time for the most positive association with you being in their mouth.

We will see you back for post-operative visits at 1 week and 3 weeks from the procedure.

Please call us if you need anything!

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

