



# Frenulectomy/Frenoplasty

## Post-Operative Instructions

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call if you have any questions or concerns.

### DISCOMFORT

Slight swelling of the operated area is not unusual. Even bruising and chapped lips may occur.

- A reusable ice bag or a frozen vegetable bag, wrapped in a soft towel, may be applied to the area of surgery to help minimize the swelling of your face. Alternating 20 minutes on and 20 minutes off will usually be adequate during the first 24-48 hours after surgery.
- Keeping your head elevated above your heart will also help. One to two days after surgery, moist heat will help resolve minor swelling. Major swelling should be reported to the doctor at once.
- You may experience some tooth sensitivity after surgery, especially to cold. Sensitivity usually decreases within several weeks after surgery and can be minimized by keeping the area as free of plaque as possible. If the sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort.

### BLEEDING

Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours following surgery. Avoid extremely hot foods for the rest of the day and do NOT rinse out your mouth, as these will often prolong the bleeding. If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20-30 minutes without looking to see if bleeding has stopped. (NO PEEKING!) If further bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further instructions. Avoid any strenuous physical activity for the next 2-3 days to prevent or minimize severe bleeding.

### EATING/DIET

Please follow a soft food diet, taking care to avoid the surgical area(s) when chewing. Chew on the opposite side and do NOT bite into food if the procedure was done in the front of the mouth. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

Avoid alcohol (even beer and wine) and smoking until after your post-operative appointment. Smoking is not advised during the 7-14 days following surgery.

### HOME CARE

Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. In areas where there is dressing, lightly brush only the biting surfaces of the teeth. Vigorous rinsing should be avoided!

- Please do NOT play with the surgery area with your fingers or tongue.
- Do NOT pull down the lip or cheek to look at the area and do not have someone else look at the area.
- Do NOT use a drinking straw, as the suction may dislodge the blood clot.
- Avoid extremely hot foods. Cold foods such as ice cream or shake are OK as long as you use a spoon.

Please call the office for any questions or concerns at 813.406.4400.