



## Frenectomy Post Procedure Care

### *First 24 Hours*

- ◆ Discomfort at the surgical site varies from person to person, but should not be overwhelming; many patients report feeling as if they've burned their mouth on a hot piece of food.
- ◆ If you had anesthesia, do not eat while numb – you may bite or burn your lips, gum tissue, or cheek.
- ◆ For any oral discomfort, you may use over-the-counter pain relievers.

**Parents: Please make sure your child does not “play” with or bite their numb lip and cheek. Sores and general irritation can develop and become very uncomfortable once the anesthetic has worn off.**

### *What to Expect*

- ◆ Since the frenectomy was done with a laser and not a scalpel and sutures, there should be minimal to no bleeding at the surgical site. If you do experience excessive bleeding, or you're unsure of anything, please call the office immediately.
- ◆ Over the next few days, a yellow or grayish layer may form over the surgical site. This is completely normal. This growth functions the same way a scab on your skin would; it protects the wound.

### *Home Care*

- ◆ You may brush and floss normally after today's procedure, but be *very gentle* near the site.
- ◆ Rinsing with warm salt water at least 5-7 times a day will help with healing, especially after meals. Add ½ tsp table salt to 8oz (1 cup) of warm water. Gently rinse for 30 seconds concentrating on the surgical area.
- ◆ Modify your diet while the surgical site heals. Avoid any extremes in temperature (including hot coffee or tea). It is also very important to avoid the following foods until completely healed: overly acidic foods such as tomato sauce or orange juice and spicy foods to prevent irritation.

### *Physical Activity*

- ◆ You should be able to maintain your normal daily routine with the exception of contact sports.
- ◆ Children should be excused from gym class if there is a chance they can traumatize their mouth while playing.

### *Follow Up Visits*

- ◆ Please make sure you come to *all* follow-up visits; these appointments are scheduled for 1 week and 3 months after the procedure and are *very important* as Dr. Burman needs to monitor the progress of your healing.