

Post-op Instructions after frenectomy

Tongue Tie Stretches: Please perform all exercises at least three times a day for the next three weeks.

1. Have child stick tongue out and in.
2. Have child stick out tongue and move left to right.
3. Try to have child lick their top lip. For older children you can put something sweet or sticky on upper lip to help them stretch
4. An adult with clean hands should pull their tongue up and back to the roof of the mouth. This may be a little uncomfortable and it may cause bleeding, but it is the most important stretch.

For infants move tongue to roof of mouth with clean fingers multiple times per day. Massage floor of mouth or under the tongue daily as well. Infants do well with stretches right before feedings.

Keep doing exercises at least three times a day until your follow up appointment.

Lip Tie Stretches: Please perform all exercises at least three times a day for the next three weeks.

1. Using clean hands, lift child's lip to the nostrils 3 times before nursing, bottle feeding, or a meal.

Keep doing exercises at least three times a day until your follow up appointment.

Diet: For the first 24 hours cold and soft foods are recommended for all ages. The rule is you should be able to cut the food using a fork. Avoid foods that are hard, sharp, salty, spicy, and acidic. Infants can nurse as soon as procedure is finished. For older children follow their lead as far as what they want to eat after the first 24 hours. Pasta, soft chicken, cooked vegetables are all good options.

Pain management: For older children we will give them Ibuprofen (Advil or Motrin) before procedure. After 4 hours you can alternate Tylenol and Ibuprofen every 4 hours. It is good to stay ahead of the pain. Child should no longer need pain medication after 2-3 days.

As tongue heals it will turn a white/yellow color. This is not an infection; this is normal oral mucosa healing.