

## FRENECTOMY POST-OP INSTRUCTIONS

### CHILDREN & ADULTS

**TONGUE TIE RELEASE:** The goal is for the area to heal and reform as far back as possible so your child has the best tongue movement.

#### STRETCHES

*If your child's release is in the early morning, begin stretches that night. If the release is later in the day, begin stretches the next day. Repeat exercises 3 times a day for 4 weeks or as instructed.*

- With a clean or gloved finger, push down behind the teeth in the floor of the mouth, and swipe/push into and up the tongue (on the diamond), lifting the tongue at the top of the diamond in the middle of the tongue. The goal is to see the whole diamond open and lengthen. It may bleed slightly when it is stretched or re-opened, which is not a concern.
- Encourage your child to move the tongue as much as possible by sticking it out and holding it for 10 seconds, out to the left, right, open it wide and lift and paint the roof, make clicking noises, and clean off the teeth. Do these exercises as often as possible but try 3 times a day.

**LIP TIE RELEASE:** The goal is for the lip to heal and be able to lift as high as possible.

#### STRETCHES

*If your child's release is in the early morning, begin stretches that night. If the release is later in the day, begin stretches the next day. Repeat exercises 3 times a day for 4 weeks or as instructed.*

- Pull the lip up as high as possible, high enough to press against the nose. You want to see the whole white diamond open. Press gently but firmly right on the wound to massage it and keep the diamond open. It may bleed slightly when this is done, which is not a concern.

#### ADDITIONAL INFORMATION

- After the first day, the treated area will form a wet scab that may look white or yellow and soft. This is normal and not an infection. This is the area you will stretch. Healing happens under the scab, and the white area will get smaller each day. **Continue stretching even after the scab is gone. Stopping too soon can cause the frenum to heal too short, and the procedure may need to be repeated.**
- Your child should sleep and eat normally. **Avoid acidic or spicy foods until healed.** Mild swelling or soreness is normal for a few days. The area usually looks much better after one week and almost normal after two weeks.

Give Tylenol for pain when you get home and as needed for the next two to three days. Follow the dosage instructions on the label. A slight fever is normal on the first day.



Serretia can be taken for pain or muscle soreness and is available on Amazon. Follow the directions on the medication label.

Call the office at 940-277-8760 with any questions or concerns during office hours. Dr. Phan can be reached after hours at 817-691-8133. For emergencies, call 911.