



Parent Points To Remember After Frenectomy Procedure

1. You will not do stretches for **four** hours after the laser procedure.
2. If needed give clear Infant Tylenol. It can be given (see chart) 2-3 hours after the procedure. Your baby may start being fussy. The Tylenol will be taking effect about the time you will be doing your first round of stretches. You will do the first round of stretches at four hours post-treatment.
3. Do not give Tylenol for more than two days. We find that prolonged use of Tylenol in infants can hurt their stomach and cause them to be fussy.
4. When you do stretches do what works for you and your baby:
 - a. Nurse or feed your baby first and then do stretches
Or
 - b. Partially nurse your baby, then do stretches and then finish nursing
Or
 - c. Do stretches first and then nurse or feed your baby.
5. The first two days after the laser procedure are the most challenging. You need to do the stretches for proper healing! The mouth heals quickly so things will get easier after the first couple of days.
6. The day of the laser surgery, you will usually only get 1 or 2 rounds of stretches completed
7. The goal is to do five rounds of stretches per day but you never do them less than 3 times per day.
8. Do not wake your baby up during the night to do stretches.
9. When doing stretches, you may see some mild bleeding from the laser sites. If the bleeding persists, it can usually be stopped by applying pressure to area with a moist wash cloth. If the bleeding persists, use a moistener Lipton tea bag and hold it on the area like a gauze. The tannic acid in the tea bag helps things clot.
10. Over the next few days, you will see a whitish-yellow film form over the laser surgery site. This is a wet scab and is a normal part of healing in the mouth. This appearance does not mean the area is infected.
11. Please call our office or our **private line (828) 274-9239** or **Dr. Bill Chambers cell (828) 777-2157** or **Dr. Stephanie Chambers cell (828) 768-5977** if you have any questions or concerns.