



# GREAT SMILES

PEDIATRIC DENTISTRY & ORTHODONTICS

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## POST OP INSTRUCTIONS FOR OLDER FRENECTOMY PATIENTS

### **Diet:**

- Wait to eat solid foods until numbness wears off
- Avoid spicy or acidic foods- it can cause discomfort at surgical site

### **Stretches:**

- Wait 4 hours after procedure before you do first round of stretches
- Do 3 sets of stretches per day (One set= 5 Stretches)
- For the tongue, have child try to lick food like Cheerios or honey out of a shot glass

### **Swelling: (If have lip swelling)**

- Ice on and off today (30 minutes on and 30 minutes off)

### **Pain:**

- Give Tylenol/Motrin if needed

### **Rest:**

- On first day, sleep with head slightly elevated to help with any upper lip swelling. Use an extra pillow tonight

### **Care of Surgical Site:**

- Will see a whitish or yellow wet scab develop over surgical site
- Rinse with Chlorhexidine or use sponge applicators to clean frenectomy site
- Brush teeth in other areas as normal. Do not use toothpaste the first couple days
- Warm salt-water rinses can help with soreness starting on day 2