

## Frenectomy (Tongue or Lip Tie) – Post-Op Instructions

### After Anesthesia

- Numbness may last several hours; avoid chewing until it fully wears off.
- Be careful not to bite your cheeks, lips, or tongue.

### Bleeding Control

- Place gauze under the tongue (lingual) or inside the upper lip (maxillary) and hold firmly for **10–15 minutes**, changing pads for the first 30 minutes.
- Some bleeding is normal.
- If bleeding becomes excessive, bite firmly on tightly folded gauze for **20–30 minutes**; repeat if needed.
- Call the office if bleeding does not slow.

### Swelling

- Apply ice for the first **24 hours**:
  - **Maxillary frenectomy**: ice on the outside of the upper lip.
  - **Lingual frenectomy**: ice chips under the tongue.
- Use ice **20 minutes on, 20 minutes off**.
- Stop icing after 24 hours.

### Medications

- Take all prescribed medications as directed.
- Do not drive if taking prescription pain medication.

### Discomfort

- Mild discomfort and bruising (especially under the tongue) are normal.
- Tylenol or Ibuprofen every 3–4 hours usually helps.
- A stronger prescription may be provided if needed.

### Diet

- Eat and drink normally but avoid the surgical site.
- Do **not** use a straw.
- **Lingual frenectomy**: begin using your tongue the next day (stick tongue out, lick ice cream, etc.).
- **Maxillary frenectomy**: avoid biting into foods like apples or sandwiches for a few days.
- Normal physical activity may resume the next day.

### Home Care

- Do **not** rinse for the first 24 hours.
- Brush teeth carefully, avoiding the surgical area.
- After 24 hours, rinse gently with warm salt water ( $\frac{1}{2}$  tsp salt in 8 oz warm water) **3–4 times daily for 4–5 days**.
- Avoid forceful spitting or rinsing.

### General Notes

- Your dentist has exercised great care, but some factors are beyond control.
- Contact the office if you have concerns about bleeding, swelling, pain, or healing.
- You are responsible for costs if instructions are not followed.