

POST-OPERATIVE INSTRUCTIONS AFTER FRENULECTOMY

MEDICATIONS: If the **doctor** has prescribed an antibiotic; continue to take it until gone. For pain you may take 800mg of Motrin or Extra Strength Tylenol. If the doctor has prescribed a pain medication, it may be safely added to Motrin **ONLY**. If an allergic reaction occurs, please discontinue use of medication and contact our office immediately.

BLEEDING: Some bleeding is normal the first 24-48 hours after the surgery. Applying pressure with a gauze for 20 minutes should control bleeding. You should replace gauze as needed every 20 minutes. Some seepage may occur, giving your saliva a red or pink color. You may also use a wet tea bag to apply pressure to help blood clot. If seepage persists, call the office.

SWELLING: The use of an ice pack on the outside of the cheek for 10 minutes on and 5 minutes off can reduce possible swelling. Sleep with an extra pillow to slightly elevate your head for the first night.

ORAL HYGIENE: Starting the day of procedure you may return to your daily dental routine the day after surgery, staying away from the surgical site with your toothbrush/floss/rubber tip. If the doctor has given you a prescription for a bottle of Peridex mouth rinse start the day after the procedure.

DIET: It is important to maintain a regular diet to promote proper healing but avoid eating hard foods that require a lot of chewing pressure, tart or spicy foods, nuts, chips or popcorn. Drink plenty of fluids for the first 48 hours after surgery. **DO NOT DRINK THROUGH A STRAW!**

SMOKING: Smoking can be a risk factor in post-operative inflammation and/or infection. If you are a smoker, please do your best to avoid smoking.

Special instructions: if you were under IV Sedation, do not drive for at least 24 hours after surgery. Do not operate heavy machinery. Do not drink alcoholic beverages for at least 24 hours after surgery or after taking pain medications. ***DO NOT SMOKE FOR AT LEAST 3 WEEKS AFTER SURGERY. Do not pull lip to visualize, this may rip the sutures the doctor may have used. It is important to not smoke, use a straw or rinse you mouth vigorously. These activities could dislodge the clot and slow down healing. Limiting your activity for the next 24 hours keeps your blood pressure lower, reduces bleeding and helps the healing process***