



POST- OP INSTRUCTIONS – LASER FRENECTOMY

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call feel free to contact our office for Clarification. Our number is: 301-468-9760.

DAY OF SURGERY:

FIRST HOUR: Keep an icepack on the area where the procedure was performed

SWELLING: Typically, minimal to none. In a very small percentage of patients, some bruising (black and blue) areas may arise in the area of the procedure

FIRST 24 HOURS: Take any analgesics (Tylenol, Motrin) that you may need to help with any discomfort. For patients having a **LABIAL FRENECTOMY**, either upper or lower, it is important to keep pulling on the surgerized lip outwards several times a day. For patients having a **LINGUAL FRENECTOMY**, it is important to keep extending (sticking) the tongue outwards several times a day.

PERSISTENT BLEEDING: Since we perform our frenectomies with a laser, there is no bleeding.

PAIN: Discomfort is typically very minimal and may be present for the first 24 hours. We have found that the best combination is, taking 600-800 mg of Motrin (Ibuprofen) – which can be ONE-PILL by prescription, **OR** 3-4 over the counter tablets - which are 200 mg each, every **SIX** hours. You may additionally take **TWO** Extra Strength Tylenol (Acetaminophen) caplets (over the counter) **THREE** hours after your initial IBUPROFEN dose. This “staggering of medications”, will continuously keep some analgesic in your system and will keep you comfortable. You can repeat this cycle for the first 48 hours, as needed. Very seldom, does one need anything stronger. **CAUTION: DO NOT EXCEED 3200 mg OF IBUPROFEN/24 HOURS. ADDITIONALLY, DO NOT EXCEED 4000 mg OF TYLENOL (ACETOMINOPHEN) /24 HOURS.**



DIET: Eat soft nourishing food that can be tolerated without any discomfort. Avoid hot (temperature), acidic, or spicy foods on day of surgery. It is best to avoid foods like chips, nuts, sunflower seeds, popcorn etc. for two - three weeks, as they may irritate the surgerized area. If you are diabetic, maintain your normal eating habits or follow the instructions given by your physician.

MOUTH RINSES: Keeping your mouth clean after surgery is essential. Rinse using 1/4 teaspoon of salt dissolved in an 8 ounces glass of warm water and gently rinse with the saline solution. A bottle of a prescription oral rinse will also be dispensed to you with instructions to be used morning and night.

BRUSHING: Continue with your normal oral hygiene regimen being careful not to bump into the area freshly surgerized.

HEALING: Normal healing starts immediately following the procedure. There will be a whitish appearance with charred edges around the wound. Within two weeks, when you will be seen again for a quick follow up, the tissues should appear to be mostly, if not completely, healed and be pink again.

We will make every effort to call you the evening of the surgery (between 5:30 and 8:30 pm) or the following day to make sure you are doing well. Please try to have your phone with you. Following these instructions will assist you, but if you have questions about your progress, please call our office. You **can always text or phone your** doctor after hours in case of an emergency. Calling during office hours will afford a faster response to your question or concern.

Patient Signature