

Family First Dentistry PLLC

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Frenectomy Post-Procedure Instructions

Stretches (3-6 times a day for 6 weeks): Raw surfaces in proximity want to reattach. Stretches prevent the folding area from reattaching. Wash your hands before stretches. Gloves are not necessary.

- a. Elevate



- b. Finger Roll

Comfort:

- a. Please take **Ibuprofen (every 6 hours) OR Acetaminophen (every 4 hours)** for the next 24 hours even if area does not hurt. Continue as needed.
- b. A cold compress may help with lip swelling/discomfort
- c. Please follow a soft food diet taking care to avoid the surgical area when chewing
- d. Other comfort measure may include: Ice cream, freeze pops, warm salt water, Peroxyle rinses, warm tea with honey.

Bleeding:

- a. To avoid bleeding, do **NOT** play with the surgery area with your fingers or tongue
- b. Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours.
- c. If bleeding more than a pinkish tinge, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20 minutes without peeking. If bleeding persists, please call.

Avoid:

- a. Avoid extremely hot and/or spicy foods.
- b. Avoid alcohol and strenuous physical activity for the next 24 hours.
- c. Avoid smoking until after your post-operative appointment

Try to relax and practice good oral hygiene and your healing should progress well. If you have any questions or concerns, please call the office (701-929-4200)