

Family First Dentistry PLLC

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Infant Frenectomy Post-Procedure Instructions

Stretches (4-6 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. If your child is under 3 months consult with your physician.
- b. If your child is 3 months or older consider giving them **Acetaminophen (every 4 hours)** for the next 24 hours. Continue as needed.
- c. If your child is 6 months or older consider giving them **Ibuprofen (every 6 hours) OR Acetaminophen (every 4 hours)** for the next 24 hours. Continue as needed.
- d. A cold compress may help with lip swelling/discomfort
- e. Please follow a soft food diet taking care to avoid the surgical area when chewing

Bleeding:

- a. To avoid bleeding, try to keep your child from playing with the surgery area with their 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.

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