



POST-OP FRENECTOMY | DOB:

FRENECTOMY

Post-Operative Care Instructions

- Do NOT eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage.
- Avoid sharp, spicy, and acidic foods / liquids for the first 72 hours.
- A “white soft scab” will appear for the first 7-10 days while the frenectomy site is healing.
- This is *not* an infection and is simply a covering over the healing soft tissue.
- Lasers are antibacterial so infection is very unlikely.
- Warm salt water rinses
- but feel free to rinse gently with warm salt water.
- Mix one teaspoon of salt dissolved in a tall glass of warm water.
- Place a small amount of the warm salt water rinse and gently tilt your head side to side, moving the salt water around in your mouth.
- For the first 24 hours, cold beverages, ice, slushies, or popsicles can be applied gently to the surgical site to help minimize swelling.
- Brush your teeth normally being careful not to disrupt the soft tissue while it is healing.
- About 7-10 days after the frenectomy performed today, a short post-op visit will be necessary to evaluate healing.

Pain Management

- Post-op discomfort will likely only be mild and can be managed with an over-the-counter medication. You may alternate Ibuprofen and Tylenol pain medications for better pain coverage.
 - Take Ibuprofen or Advil 800 mg (equal to 4 tabs of over-the-counter Ibuprofen or Advil) every 4-6 hours for the next 3-5 days as needed for pain.
 - Do NOT exceed 2400 mg (12 tabs) in a 24 hour period.
 - Take Extra Strength Tylenol 1000 mg (equal to 2 tabs of over-the-counter Extra Strength Tylenol) every 4-6 hours for the next 3-5 days as needed for pain.
 - Do NOT exceed 4000 mg (8 tabs) in a 24 hour period.

Please call our office (908) 376 9297 if you have any questions or difficulties. If it is after hours, follow the prompts to be connected to our answering service. If you feel that your symptoms warrant a physician, and you are unable to reach Dr. Beth Herko, please go to the closest hospital emergency room immediately.

Patient's signature:

Date:

Doctor's signature:

Date: