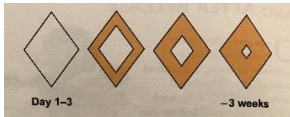


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## Frenectomy Post-Operative Instructions

### Stretches:

- Perform stretches 4 times a day. Continue exercises until the tissue looks normal, not shiny.



- Lip: lift and visualize the surgical area.
  - Tornado siren
  - Surprised Granny
- Tongue: lift and visualize the surgical area.
  - Continue Myology exercises given by orofacial myologist

### Comfort:

- Please take **Ibuprofen (every 6 hours) OR Acetaminophen (every 4 hours)** for the next 24 hours even if area does not hurt (may need to continue to take for the next 3-5 days).
- Slight swelling of the operated area is not unusual. Chapped lips or bruising of the lips / cheek area may occur. A cold compress alternating 20 minutes on and 20 minutes off may help minimize these effects.
- Major swelling should be reported to the doctor at once.
- Please follow a soft food diet taking care to avoid the surgical area when chewing.
- A sore throat is common with a lingual release. Ice cream, freeze pops, warm salt water, peroxy rinses, warm tea with honey can all help.

### Bleeding:

- To avoid bleeding, do not spit or rinse forcefully
- Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours.
- 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 20-30 minutes without peeking. If bleeding persists, please call

### Avoid:

- Please do **NOT** play with the surgery area with your fingers or tongue.
- Drinking straw, as the suction may dislodge the blood clot.
- Avoid extremely hot/spicy foods.
- Avoid alcohol (even beer and wine) and smoking until after your post-operative appointment
- Avoid any strenuous physical activity for the next 2-3 days.

Try to relax and practice the best oral hygiene possible and your healing should progress well. If you have any questions or concerns, please call the office (701) 235-3205.