



Post-Op Instruction for Laser Frenectomy

It is ok to give Acetaminophen/Tylenol at the time of surgery and 4-6 hours post surgery as needed for 3 days. A white patch may develop at the surgical site, which is normal healing and is not an infection.

A prescription for a mouthwash may be given. If so, swab on the surgical site with a Q-tip 2x/day for 5 days.

Avoid spicy and very acidic foods and liquids for the first 72 hours.

Soft tooth brushing may resume carefully around the wound.

Some swelling may occur depending on the depth of the surgical area; this is normal and should resolve in 24-36 hours. Placing ice over the area may offer some relief.

Exercises are important to prevent reattachment. Complete exercises for 7-10 days.

Post surgical exercises for lingual frenectomy (tongue-tie)

Infants: At least 2x/day (AM and PM), pull tongue outward and up (can use a tongue blade). And/or use your index fingers on each hand and place them on each side/lateral areas of the healing site and push.

Older children: At least 2x/day (AM and PM) for 2 minutes, have the child stick their tongue out as far as they can, touch the roof of their mouth, and clean off the front of their top teeth.

Post surgical exercises for maxillary frenectomy (lip-tie)

At least 2x/day (AM and PM), it is important to pull the upper lip upward opening the surgical site so it will not reattach. Pull the lip up then down 10 times.

A post-op follow up appointment, with the doctor, is necessary in 4-7 days. A second 2 week post op exam may also be recommended.

** Reattachment can occur and could require a future revision.

Post op exercises are crucial to help prevent this. **

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