

Post Op Instructions for Frenectomy Care (Adult)

- ✓ Apply Sockit to site 4-6 times a day for at least the first 3 days. Apply small amount to cover the site.
- ✓ It is ok to give 1000mg of Acetaminophen and 800mg of Ibuprofen every 6 hours post surgery for the first day then as needed following.
- ✓ Avoid spicy foods, acidic foods and acidic liquids for the first 72 hours. Be cautious following the 72 hours as a stinging sensation can still be present during healing.
- ✓ Do not be alarmed if you see the tissue has a whitish look to it. It is very normal and part of the healing process and is not an infection.
- ✓ Brushing around the wound can resume very carefully with a soft toothbrush.
- ✓ Be aware that you might bite your tongue. It may feel big/large. This is because the tongue was restricted before and now it is not.
- ✓ Some swelling may occur depending on the depth of the surgical area; this is normal and should resolve in 24-48 hours.
- ✓ Complete the following exercises at least 2x/day (AM and PM) for 2 minutes: have the patient stick their tongue out as far as they can, touch the roof of their mouth and clean off the front of their top teeth.
- ✓ *Reattachment can occur and could require a future revision. Post op exercises are crucial to help prevent this. *

Please call us with any questions or concerns!

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After Hours Emergency: 920-366-0959

Comments:
