

Care of Mouth Following a Frenectomy: For Adults

Tongue Care

▶ Begin exercises the morning following the frenectomy: Tongue exercises are necessary 3-4 times a day for 10 seconds. Massage under the tongue lifting up and then swiping side to side. We recommend this to be continued for three weeks.

Lip Care

▶ Begin these exercises the evening following the frenectomy: Pull the lip upward preventing reattachment and rub Vitamin E, Vaseline or Coconut Oil on the surgical site twice a day. We recommend once in the morning and once before bed for 10 seconds. Continue to do these stretches for 10 days.

▶ It is not uncommon for the upper lip to swell slightly. If this occurs you can place a cold compress on the outside of the lip. Do not place ice directly on the lip. This should gradually disappear after a few days. It is not an infection.

Lip and Tongue Care

- ▶ Oral hygiene procedures should be done as usual in all areas of your mouth.
- ▶ Use an over the counter peroxide mixed with water to rinse your mouth 1-2 times per day.
- ▶ Slight bleeding may continue for a few hours after this procedure. This is not unusual and should stop quickly. If bleeding persists beyond the first day, please call our office.
- ▶ Some discomfort may be present when the anesthesia wears off. Usually, a couple of Tylenol or Ibuprofen will eliminate any discomfort. Sensitivity of the gums or teeth to cold or touch is common. This should go away in a day or two. Should intense discomfort occur at any time after this procedure, please call our office.
- ▶ Do not try to eat until all the anesthesia (numbness) has worn off. Your first meal should be soft. Avoid spicy, salty, acidic, very hot or very cold foods or liquids. Also, avoid nuts, chips, popcorn, hard bread, or other crunchy or fibrous foods which may become caught between your teeth. Please refrain from drinking alcoholic beverages today.
- ▶ You cannot make the surgical site bigger or cause damage while doing the stretches.

**Please call Dr. Barker directly if you have any concerns after office hours:
443-343-2314 Leave name, phone number and a brief message**