

## Post-Operative Instructions for Child Frenectomy

Congratulations on your child's successful frenectomy procedure. To ensure optimal healing and mobility, please follow these guidelines closely:

### Immediate Aftercare

- **Bleeding:** Minor oozing or bleeding post-procedure is normal. Our use of a soft tissue laser minimizes this, but please seek immediate medical attention if you notice excessive or heavy bleeding.
- **Symptoms:** Expect slight swelling and soreness in the treated areas, which should improve significantly within one to three weeks.
- **Fever:** A slight fever on the day of the procedure is normal. Monitor eating and sleeping patterns.
- **Pain Management:** Provide pain relief with **Motrin (ibuprofen)** or **Tylenol (acetaminophen)**, following the dosage instructions based on your child's weight.
- **Area Manipulation:** It's **crucial to perform the recommended stretches to prevent reattachment** at the release site and maintain mobility.

### Hygiene and Preparation

- **Hand Washing:** Always **wash your hands** thoroughly before touching the surgical area.
- **Stretching Routine:** **Begin the stretches the day after the procedure.** Use gloves (preferred) or ensure hands are clean and nails trimmed.

### Healing Process

- **Scab Formation:** A **white or yellow wet scab** will form, similar to a scrape healing. This is **normal** and not an indication of infection. This area is what you will be pressing against. The healing will be happening under the scab. The white area will get smaller each day, but healing is still happening!
- **Continued Care:** **Continue stretches beyond visible healing** to ensure full mobility and prevent the need for retreatment.
- **Eating:** Your child can eat whatever they are comfortable with post-procedure.

## Specific Exercises

- **Lip or Cheek Releases:** The goal is for the lip and cheek to heal and be able to lift as high as possible.
  - Gently **pull the cheek up and out and the lip up towards the nose**, exposing the entire white diamond. Apply **gentle, firm pressure** on the wound. Slight bleeding is normal. Make the process playful to ease your child's discomfort (bribery can work too 😊).
- **Tongue Releases:** The goal is to have the area heal and reform as far back as possible to give the most mobility.
  - Use a finger to **press and swipe up on the tongue** from behind the teeth to expose and stretch the diamond-shaped area. Slight bleeding upon stretching is normal.
  - Encourage your child in **tongue movement exercises** like sticking out the tongue, moving it from side to side, and touching the roof of the mouth.
- **Frequency:** Perform these stretches **3-4 times daily for four weeks**.
  - Perform a “deeper stretch” and **push twice as hard one time at 7 days** to ensure it isn't growing back together. You will notice some bleeding if it reopens or stretches out, which means it was growing back a little bit, and now it's reopened. If bleeding occurs, apply gentle pressure with gauze for 4-5 minutes.
- **Tutorial video:** <https://www.youtube.com/watch?v=B9w836TKHn4>

## Additional Support

- To ensure the best outcome, it is **highly recommended** that you seek the guidance and assistance of other healthcare providers, such as **speech-language pathologists**, **craniosacral therapists**, **chiropractors**, or **oral myofunctional therapists**, who can help re-establish and improve oral function and range.

For any questions or concerns, please don't hesitate to contact our office at **571-210-2771**.