

**Post Treatment Care of Frenectomy**

The **laser frenectomy** which was just completed for your child, is currently the most up to date way of surgically removing frenular tissue. It was treated because it was:

**1.** Anatomically : impeding normal growth and eruption of teeth.

**2**. Causing a limit to proper lip or tongue mobility.

**3**. Causing speech or feeding problems.

**CONTRIBUTED BY**

**Martin A. Kaplan DMD**

**4.** Causing a periodontal defect in the gingival and bone support.

Recovery from this bladeless procedure is usually rapid and causes minimal discomfort.

Immediately after the procedure you should bring your child home and give an ***age appropriate*** dose of ***non-prescription*** pain medication (Tylenol, Motrin, Advil brand name **OR** Generic equivalent is of course adequate- BUT **NOT** Aspirin). *It is very rare to require a prescription pain control medication.* One dose is usually adequate but if you feel that your child requires a second dose 6-8 hours later please give your child a second dose. (or call me if there are ever any questions…). **There are minimal food and activity restrictions**. However, it is advised **not** togive you child any ***spicy*** foods, large seeds or crunchy pieces or acidic drinks ( i.e. orange juice, tomato juice or pineapple juice) for the first 24-48 hours because these foods may irritate the treated area. You must keep the area **clean** with salt water rinsing. This needs to be done ***3 times a day for 4 days***. Either rinsing the treated area or apply a cotton ball soaked in salt water to the treated area for approximately 30 seconds.. ***Or,*** you may wipe the treated area by using vitamin E from a vitamin E capsule. Please pierce the capsule and squeeze an ***apple seed size*** amount on the gel *onto your finger* and apply to the treated site. You may also use olive oil or coconut oil. **Additionally,** at that time your child should press his tongue into the area for an additional 30 seconds or else pull up on the lip after these cleaning times to stretch the area and keep the tissue loose. This should be done for **10 days**. It is extremely rare to have complications, but if you feel that the area is not healing (it ***will*** look white for the first few days and should ***not*** be swollen) please call my office for advice and answers. If we treated a tongue tie, then you must perform **tongue stretching** exercises. Practice *pointing the tongue* out for 15 seconds, then, *lift the tongue* to the roof of the mouth and press behind the gums of the top front teeth for the same time allotment. Then complete this exercise by practicing sticking the tongue out then *tapping the corners* of the outside of the mouth for 15 seconds on each corner. This must be completed 3-5 times a day for **14 days**