



POST-OP Instructions

After the surgery:

Patients can expect some mild swelling, pain, and or discomfort for the first week as a normal process of wound healing. Generally, this is fairly mild and can be controlled with over-the-counter pain medications. Possible (but very rare) complications of frenuloplasty may include anesthesia complications, bleeding, pain, numbness, failure of procedure, voice and swallowing changes, infection, injury to adjacent structures, and scarring.

Immediately after surgery:

1. **Bleeding:** It is normal to experience some bloody oozing during the first 1-2 days. If steady bleeding occurs, place gauze under the tongue to hold pressure and call Dr. Taylor. If heavy bleeding persists, please go to your local emergency department.
2. **Wound Care:** You will be provided with gauze, which is to be placed on the surgical site. Leave the gauze in place for as long as you can for the first 24-48 hours. Replace the gauze as needed.
3. **Pain Medications:** We recommend using Tylenol and/or ibuprofen as needed for pain. CBD and Arnica can also be used.
4. **Sutures:** We use absorbable sutures that will fall off on their own within a week after surgery. After the sutures come out, we then encourage you to brush the surgical site with a soft toothbrush. Sutures may or may not be used. We will let you know as the procedure progresses.
5. **Oral Hygiene:** We recommend rinsing with salt water and/or alcohol-free mouthwash several times a day to keep the wound clean and reduce the risk of infection. Colloidal silver spray is an excellent antimicrobial option.
6. **Myofunctional Therapy Exercises:** It is extremely important to perform the stretches and exercises as prescribed by your therapist to obtain the most optimal results. We especially encourage: waggle spot, waggle flaps, flat tongue (also known as puppy tongue), skinny tongue (pointy tongue or snake), clicks (tongue pops), and caves (suction). See our website for more resources.

Lip and buccal ties: Place a gauze at the wound site for 30 minutes, three times per day for the first 7-10 days.

Tongue-tie: Massage between the floor of mouth and ventral (underneath) tongue twice a day for a few minutes ongoing until your 2 month follow up.

At any time, call our practice if you experience any of the following:

- Severe pain that does not improve with medication
- Brisk bleeding that will not slow
- Severe swelling at the site of surgery
- Difficulty breathing
- Fever higher than 102°F

For emergencies, please call Dr. Taylor directly: 360-622-9159

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