



1246 West Paces Ferry Rd. NW Atlanta, GA 30327 info@millkeyway.com Office: (404)254-0750

Frenectomy After Care:

- ★ Your child may experience minimal pain or discomfort that can be relieved with ibuprofen and/or acetaminophen.
- ★ Slight swelling around the treatment area is not uncommon.
 - For labial frenectomies (lip), you can apply ice to the outside of the lip to help reduce swelling.
 - For Lingual Frenectomies (tongue), you can place soft ice or milk chips under the tongue.
- ★ You may see some white spotted appearance around the edges of the treatment area. This special “bandaid” is applied by the laser to improve healing and reduce pain.
- ★ Once the numbness is gone, your child may eat and drink normally. Avoid acidic and spicy foods because they can delay healing and also cause discomfort.
- ★ For 24 hours, do not use mouthwash or rinses because they may sting. After the first day, your child may gently rinse as needed with a warm salt water rinse, (approximately one-half teaspoon of salt in an eight-ounce glass of water)
- ★ Brushing teeth and gums normally to reduce bacteria in the mouth and promote healing. Please use care when brushing any areas that were treated with the laser. Not brushing can cause swollen or bleeding gums that can cause additional discomfort.



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Homework

In order to prevent re-attaching of the fibrous tissue, it is *critical* that you perform stretching exercises three times per day until healing is complete.

★ **Lingual (Tongue) Frenectomy Exercises:**

- 4 times a day: Have your child extend their tongue out of their mouth. Repeat 10 times.
- 3 times a day; Apply a sticky substance (peanut butter, jelly, etc) to the inside of a shot glass. Then lick until clean.
- 2-3 times a day: with a closed mouth and without moving their jaw, your child should trace a circle on the inside of their teeth with the tip of their tongue in left and right directions. starting with 5 rep

★ **Labial (Lip) Frenectomy Exercises**

- 4 times a day: Holding upper lip with thumb & forefingers of both hands, move the lip around in a circle in left & right directions. Complete 10 circles in each direction
- 3 times a day: Have your child roll their lips in over their teeth, open their mouth, and lift eyebrows as if surprised. Repeat 10 times.