



Instructions following your Child's Frenectomy

Your goal is to achieve the maximum flexibility of your child's tongue and/or lip which requires active management of the surgical wound created by the procedure. We've compiled some tips to help you learn how to achieve the best result. Additional resources may be found on our website.

Wound Management

The procedure will result in a diamond-shaped surgical wound. Sutures will likely be placed to close this diamond. As the sutures dissolve and fall out you may see a white or yellow wet scab has formed. This is normal and though sometimes mistaken for infection, it is granulation tissue, an healing response, that will disappear in approximately two weeks. Once the wound has closed, stretches should be continued to prevent scar formation and maintain flexibility. If a scar forms the wound has contracted and will be tight.

Resume your child's normal oral hygiene routine the morning after surgery.

It is normal for your child to experience some light bleeding or oozing during the first 1-2 days. If heavy bleeding occurs, place gauze or a damp tea bag under the tongue, hold pressure, and call our office.

Call our office to speak with the on call doctor if your child has:

Uncontrolled bleeding -- Refused to eat and drink -- Uncontrollable fever over 102°F

Keeping your Child Comfortable

Some swelling and inflammation are expected in the first 3-5 days after surgery. We recommend using Tylenol (acetaminophen) and Motrin (ibuprofen) as needed for pain. During the first few days, it can be helpful to limit your child to soft, cool foods. Hot and acidic foods may be difficult to eat. For some children, foods that require a lot of chewing can be equally difficult. We recommend:

- Ice pops, ice cream, milk shakes
- Orajel (Topical numbing gel)
- Tylenol (acetaminophen) or Motrin (ibuprofen)

Myofunctional Exercise Instructions

To permit initial healing and prevent disturbing the sutures, please wait until 3 days after the procedure to begin exercises. There is not a prescribed set of exercises for all children following frenectomy- myofunctional therapists help determine which exercises are most important for each child. Please follow their instructions closely.

For families who are not working with a myofunctional therapist, there are many resources for exercises. We have listed our favorite exercises here but more resources can be found on our website.

The following exercises should be repeated 10 times and ideally with the entire set done at least 4 times per day.

Exercise 1: Palate- Place the tip of the tongue against the roof of the mouth, push up, hold 5 seconds, repeat.

Exercise 2: Nose- Stick out tongue trying to touch the tip of the nose, hold for 10 seconds, repeat.

Exercise 3: Chin- Stick out tongue trying to lick the bottom of the chin, hold for 10 seconds, repeat.

Exercise 4: Cheeks- Stick out tongue trying to lick right cheek, hold for 10 seconds, try left cheek, repeat.

Exercise 5: Clicks - Loud clicking sound with the tongue against the roof of the mouth 15seconds (hold chin still).