TMJ & Sleep Therapy Centre of Utah

CO2 LASER FRENECTOMY POST-OP INSTRUCTIONS

Healing guidance after a tongue- or lip-frenectomy

BLEEDING	DIET	EXERCISES
Slight oozing can occur	Soft foods often easiest 48 hrs	Begin after 24 hours

TODAY & THE FIRST 24 HOURS

- **Wait until the numbness is gone.** Do not chew or eat until local anesthetic has worn off.
- **A small amount of oozing can occur.** If needed, hold clean gauze with steady pressure on the area for 15-20 minutes. Do not repeatedly remove it to check.
- **Choose comfortable foods and drinks.** Soft foods are usually most comfortable for the first 48 hours, but this is not necessary if textured foods are tolerated well.

PAIN, RINSING, DIET & NORMAL HEALING

- **Use pain medicine as needed.** Take ibuprofen and/or acetaminophen (Tylenol) according to label instructions, unless you were given different directions.
- **Use a saline rinse 3 times each day for the next 5 days.** Mix 1/4 teaspoon salt in 8 ounces of warm water. Gently rinse and spit until the full 8 ounces have been used.
- **Avoid acidic foods for 1 week if the area is sensitive.** This is mainly for comfort. Acidic foods can cause temporary pain or sensitivity but do not interfere with healing or cause infection.
- **A white, cream, yellow, or gray healing layer is usually normal.** Do not pick, scrub, or peel the healing surface.

EXERCISES

- **Wait 24 hours after surgery before beginning exercises.** These exercises are intended to maintain tongue mobility and support myofunctional recovery.
- **Slight discomfort is normal.** Stretch only to a tolerable level of discomfort. Do not forcefully reopen the wound. Stop and call our office if exercises cause significant bleeding or sharp, increasing pain.
- **Perform exercises morning, mid-day, and evening as directed. Slow Suction Bites:** Place the tip of the tongue in the spot, then suction the blade of the tongue to the palate. Open as wide as possible without losing suction; hold for 1 slow relaxed breath in and out. Close teeth gently while maintaining palate suction and hold for 1 relaxed breath. Repeat 5 times. **Do this exercise 3x/day.**
- **Tongue Clicks.** Place the tip of the tongue in the spot, then suction the blade of the tongue to the palate. Open wide while keeping the suction. Pretend the tongue is a paint brush; slide it on the roof of the mouth toward the throat until it loses suction and “slaps” down to the floor of the mouth. Repeat 20 times. **Do this exercise 3x/day.**

PLEASE CALL OUR OFFICE

- **Contact us if you have** bleeding that does not stop after 20-30 minutes of steady pressure, pain or swelling that is worsening instead of improving, fever, foul drainage, or difficulty staying hydrated.

  If you have difficulty breathing or rapidly increasing swelling of the tongue or floor of the mouth, call 911 or seek emergency care immediately.

Questions? 385-446-4947 | tmjsleeputah.com

Breathe • Sleep • Heal • Live

These instructions provide general guidance. Follow any individualized instructions given by your clinician.