

POST-OP INSTRUCTIONS FOR FRENECTOMY

Lingual Frenectomy (tongue-tie):

Your goal is to have the frenum heal and re-form as far back as possible.

1. With a clean or gloved finger, lift the tongue at the top of the diamond in the middle of the tongue. Your goal is to see the “white/yellow diamond” stretch upwards and lengthen. Begin doing this the day of treatment. Try to make a game of it if possible and keep it playful.
2. Repeat this 10 times a day, at various times during the day for 2 weeks. The goal is 100 movements of the tongue every day with the lifting stretches being the most important.
3. Encourage the child to move the tongue as much as possible by sticking it out and holding it for 10 repetitions, out to the left, right, open wide, lift up, make clicking noises, and clean off the teeth. Do these exercises as often as possible, but shoot for 10 times a day.
4. The released area will form a wet scab after the first day. It will appear white, yellow and soft because it is wet. On the sides of this area is where you will apply pressure using your clean finger. The healing will occur under the scab, just like a scrape anywhere else on your body. The white area will get smaller each day. Even though the white scab indicates healing, you **MUST** continue the stretches. *If these stretches are not performed several times each day, healing will be less than optimal and potentially require the surgery to be repeated.*

Labial Frenum (lip-tie):

The goal is for the frenum to heal and re-form as high as possible.

1. Pull the lip up as high as possible, (lipstick to nose, not mustache to nose) high enough to press against the nose. You want to see the “white diamond” open up. Try to make a game of it if possible and keep it playful.
2. Repeat 10 times a day for repetitions of 10, at various times during the day for 2 weeks.
3. The released area will form a wet scab after the first day. It will appear white, yellow and soft because it is wet. This area is where you will apply pressure using your clean finger. The healing will occur under the scab, just like a scrape anywhere else on your body. The white area will get smaller each day. Even though the white scab indicates healing, you **MUST** continue the stretches. *If these stretches are not performed several times each day, healing will be less than optimal and potentially require the surgery to be repeated.*

The child can eat whatever foods he or she can tolerate, the only avoidances of foods are carbonated drinks and acidic foods such as oranges until the scab closes the site completely. Pain relief is needed the first few days. Give Motrin (ibuprofen) or Tylenol as directed on the package based on weight. The wound will be sore for a few days, at one week it will look much better, and at two weeks almost normal. Your child should eat and sleep normally. If you’re concerned it is reconnecting, please return to the office for a visit. You may also text a picture with your questions to the number below.

Follow-up with our myofunctional therapist and bodyworker (Chiropractor, Myofascial Therapist, Physical Therapist) is recommended for full rehabilitation.

If you have any questions or concerns, please call or text us at 228-374-8175.