

EDWARD C. COLLINS III DDS, MS ~ WILLIAM L. HULL III, DMD ~ LANE T. HAWS, DMD, MD

INSTRUCTIONS AFTER LASER/FRENECTOMY

1. **Medications/Pain:** You may experience minimal pain or discomfort that can be relieved with ibuprofen and/or acetaminophen.
2. **Swelling:** Slight swelling around the treatment area is not uncommon. A certain amount of oozing or bleeding is to be expected for the first two days.
 - For a Maxillary frenectomies (upper lip), you can apply ice to the outside of the upper lip to help reduce swelling.
 - For Lingual Frenectomies (tongue-tie), you can place soft ice chips under the tongue, alternating 20 minutes on, 20 minutes off to reduce swelling and discomfort.
3. **Oral Care:** For 24 hours, please do not use mouthwash or rinses because they may sting. After the first day, gently rinse as needed with a warm salt water rinse, approximately one-half teaspoon of salt in an eight-ounce glass of water. Brushing your teeth and gums normally will 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.
4. **Diet:** Once the numbness is gone, feel free to eat and drink normally. Avoid acidic and spicy foods for a few days because they can delay healing and also cause discomfort. Drink plenty of fluids throughout your recovery. Hydration is critical for proper healing.
5. **Lingual Frenectomy Exercises:** It is important to move and exercise your tongue almost immediately after treatment:
 - 20 times a day: Extend your tongue out of your mouth
 - 5 times a day: Pretend to lick an ice cream cone.
6. You may notice a bad taste or objectionable mouth odor. A white or gray membrane can form over the surgical site and is normal. This usually disappears in 1–2 weeks.
7. **Sutures** (if needed) dissolve on their own. They do not require removal.
8. You may **return to work/school** the day after surgery.