

After the Procedure

If you are experiencing discomfort, you can take Motrin (Ibuprofen/Advil) as needed for the next 24-72 hours.

For the next 24 hours after the procedure, avoid placing objects in the mouth, especially under the tongue. For the duration of the healing period, avoid foods that can get lodged in the surgical site (small seeds, such as poppy or sesame seeds, as well as raspberries and strawberries) as well as anything sharp, such as chips, which can scratch the site(s) and cause bleeding.

The following exercises are important to do, and need to be done every **4-5 hours** for the next three weeks. You should start the exercises the day of the frenectomy. You can find videos showing Dr. Rosenberg performing the exercises on our YouTube channel, LexingtonSmile. You can also follow these URLs to directly find the videos.

Tongue Exercises/ Stretches:

<http://www.youtube.com/watch?v=Yd9fBFPZHlQ>

Lip Exercises and Stretches:

<http://www.youtube.com/watch?v=qx7RkoQsc58>

Suck training following Laser Frenectomy (tongue tie and lip tie release):

<http://www.youtube.com/watch?v=Z3DOJuN4sCQ>

****Using non-latex gloved fingers to prevent germs:**

- 1) Place thumbs under closed lip on either side of the surgical site. Place index finger on the outside of lip (pinching lip between thumb and pointer finger) and invert lip to nose. Hold for a count of 5. Release one hand and rub the surgical site for a count of 5. Repeat 3 times.
- 2) Using your dominant pointer finger, pull the base of the tongue toward the back of the mouth to stretch out the surgical site. Stretch for a count of 5, then rub for a count of 5. Repeat 3 times.
- 3) **Remember:** Movement is key! Sticking out the tongue, pushing the lip out with the tongue, touching your back teeth with the tip of the tongue, even putting chocolate in the bottom of a shot glass and licking it out are all great options.

This will prevent the frenectomy site from reattaching, allow proper healing and increase the mobility of the tongue and lip. The exercises may cause minor bleeding under the tongue and/or lip. If this happens, you can put pressure on the site with gauze or a tissue for a few minutes.

You may notice that the surgical sites turn white, beige, or grey. This will gradually return to pink over the next few weeks and is normal during the healing process.

A new frenulum will form higher up under the lip and further back under the tongue.

Your next appointment with us will be about one week following the procedure(s). During this short visit, Dr. Rosenberg will examine the frenectomy site(s). The follow up appointment is very important because it allows us to check whether the surgical site is healing properly as well as how you are feeling.

If you have any concerns, please feel free to call our office at 781-861-6008. After hours, Dr. Rosenberg can be reached on her cell at 781-354-8888.