

FRENECTOMY POST-CARE INSTRUCTIONS:

- 1.) Over the counter Ibuprofen (200mg tablets) is very effective in alleviating mouth pain and more importantly helps with inflammation. The patient will be given a dose in the office appropriate to age/weight at the time of their appointment. Dr. Ferguson and Dr. Beaudry would recommend taking Ibuprofen for 2-3 days after the procedure.
- 2.) With a frenectomy procedure, especially when it involves the upper lip, swelling of the lip is quite common. An ice pack placed under the nose on the outside of the lip is very effective in decreasing any swelling. This should be done for 15 minutes per hour for the remainder of the day. Be careful to minimize pressure on the lip.
- 3.) A slight amount of bleeding/oozing from the area is considered normal. Avoid rinsing the mouth for the first 24 hours. Should there be increased bleeding from the area, fold up some gauze (provided), moisten slightly, and apply gentle pressure to the area.
- 4.) Resorbable (dissolvable) sutures will be used up under the lip. Avoid "lifting" up the lip while the sutures are in. These sutures will loosen and make their way out within 3-4 days. It is not uncommon for one to make its way loose sooner. As long as patient is comfortable and there is no increase in bleeding, there is no need to be concerned.
- 5.) While the sutures are still in, the patient will keep the **teeth** clean in this area by using a very soft brush (provided) dipped in Listerine. The patient may dab some Listerine on the frenectomy area with a Q-tip to keep clean. Avoid flossing until sutures are gone. The patient may brush and floss all other areas in the mouth normally. The day after the procedure, gently rinsing with warm salt water may make the area feel better.
- 6.) Dr. Ferguson would recommend liquids only while the area is still numb, avoiding anything too hot. As soon as the numbness is gone, start with soft foods. Please avoid "biting" into anything with the front teeth while the sutures are still in, and as the area heals (approximately 2-3 weeks).
- 7.) There is typically no post-operative visit required. Healing should be sufficient to resume normal brushing and flossing within 1 week.

Should you have any questions or concerns call 344-0908.
If you need to reach Dr. Ferguson after hours call 484-2235
To reach Dr. Beaudry call (480) 444-8119

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