



Bridger Children's Dentistry
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Frenotomy Post–Op Instructions – Older Children

After the surgery:

Patients can experience some mild swelling, pain, and discomfort as a normal process of wound healing. Generally, this is fairly mild and can be controlled with over-the-counter pain medications. Possible (but very rare) complications of frenotomy may include anesthesia complications, bleeding, pain, numbness, failure of procedure, voice and swallowing changes, infection, injury to adjacent structures, and scarring.

Immediately after the surgery:

Bleeding: It is normal to experience some bloody oozing during the first 1-2 days. If steady bleeding occurs, place gauze under the tongue to hold pressure and call Dr. Aleagha or go to your local emergency department.

Wound Care: You will be provided with topical anesthetic and gauze. Apply a tiny amount to wound and place gauze gently over surgical site. Leave the gauze in place for as long as you can for the first 24 – 48 hours. Repeat as needed.

Pain Medications: We recommend using Tylenol and/or Ibuprofen as needed for pain, alternating between the two every four hours. Please follow package instructions based on your child's age/weight.

Sutures: We use absorbable sutures that will usually fall off on their own within a week after surgery. After the sutures come out, we then encourage you to gently brush the surgical site with a soft toothbrush.

Oral Hygiene: We recommend rinsing with salt water and/or alcohol-free mouthwash several times a day to keep the wound clean and reduce the risk of infection.

Myofunctional Therapy Exercises: It is extremely important to perform the stretches and exercises as prescribed by your therapist to obtain the most optimal results. Please visit our YouTube page for some exercises we recommended. Here is the **direct link:** <https://www.youtube.com/watch?v=JefmulvRIRc> or search 'Bridger Children's Dentistry' and click on 'Post Frenotomy Myofunctional Exercises'.

Be gentle with exercises for the first 3-5 days. Stretching exercises are better than strain. Lip and Buccal Ties: Place a gauze at the wound site for 30 minutes, three times per day for the first 2 days.

At any time, call our practice if you experience any of the following:

- Severe pain that does not improve with medication
- Significant bleeding
- Severe swelling at the site of the surgery
- Difficulty breathing
- Fever higher than 102 Fahrenheit
- For emergencies, please call or text Dr. Aleagha directly (406) 595-2357.