

smiles + grins

KIDS DENTAL

Frenectomy (Lip-tie & Tongue-tie) Correction Post-op Instructions

Labial Frenulum (under the lip): Goal is to have the frenulum heal and re-form away from gingiva line.

1. Starting the evening of the treatment day: Gently lift the lip towards the nose with slight tension. While the lip touches the nose, shift it to the left and then right (hold & stretch for 2-3 seconds). Use a clean finger in a rolling pin motion to massage the area for 3 seconds as well.
2. Continue the exercises mentioned above, around 4-5 times daily for 3 weeks. Avoid going without lip exercises for more than 6 hours (unless your child is asleep).
3. A moist scab will develop around day 1 or 2, appearing white and soft. This acts like nature's protective covering. Think of it like a scab on a scraped knee after a long bath. The actual healing takes place beneath this scab and the lip exercises will be very important to accomplish corrected reattachment.
4. Even as the moist scab heals and eventually sloughs off, it is crucial to persist with the exercises. Otherwise, the new frenulum might contract and shorten, necessitating another laser correction procedure.
5. If there's any sign of discomfort, administer Infant Tylenol as per package instructions (Advil can be used for those over six months old). Frozen breast milk chips work well to soothe infants.

Lingual Frenulum (under the tongue): Goal is to have the frenulum heal and re-form as FAR BACK as possible.

1. Commencing from the evening of the treatment day: Using a clean finger, gently slide it under the tongue to reach the surgical site. Elevate the tongue gently. Place two fingers on either side of the wound and softly press down while massaging the wounded area.
2. Continue the above exercises, 4-5 times a day for 3 weeks. Never exceed 6 hours with no lip exercises (unless your child is asleep).
3. Around day 1 or 2, a damp scab will shape, appearing white and tender. This functions as nature's natural cover, much like a scab on a scraped knee after being in water. The actual healing transpires beneath this scab- this is where the exercises play a role.
4. Even though the moist scab heals and eventually comes off, it's imperative to persevere with the exercises. Otherwise, the new frenulum might contract and shorten, leading to the need for another laser correction procedure.
5. If you suspect discomfort, give Infant Tylenol as directed on the package (Advil is great if over six months old). Frozen breast milk chips are excellent for soothing infants.