

Child/Adult Frenectomy Surgical Site Management

Post-Op Instructions for Child or Adult Frenectomy

Lingual Frenectomy (Tongue-Tie Release)

1. With a clean or gloved finger, lift the tongue at the top of the diamond in the middle of the tongue. Your goal is to see the whole diamond open up and lengthen. It may bleed slightly when it is stretched or re-opened. This is not a concern. Begin doing this the morning after treatment. For children, try to make a game of it if possible and keep it playful. Repeat this 3 times a day, at various times during the day for 3 weeks.
2. For **younger children**, try to encourage the child to move the tongue as much as possible by sticking it out and holding for 10 seconds, out to the left, right, open wide and lift up, make clicking noises, and clean off the teeth. Do these exercises as often as possible, but try for 4 times a day for 3 weeks.
3. For **older children and adults**, do the following exercises 3 times a day for 3 weeks:
 - Stick tongue out all the way to a point by scraping edge of top teeth and pull back and lick roof of mouth 20x
 - Stick tongue out to the left all the way, right all the way, and touch palate – 10x
 - Push tongue into cheek on Right side like a gumball for 10 seconds, then into Left cheek, 10 seconds
 - Stick tongue out down the chin as far as possible – hold 10 seconds
 - Suction the tongue to the palate and open widely and hold for 10 seconds
4. The released area will form a wet scab after the first day. It will appear white or yellow and soft because it is wet. **This is not infection!** This area is what you will be pressing against. The healing will be happening under the scab. The white area will get smaller each day, but healing is still happening! So even though the white scab will heal you **MUST** continue the stretching or the surgery may need to be repeated.

Labial Frenum (Lip-Tie Release)

1. Pull the lip up as high as possible, high enough to press against the nose. You want to see the whole white diamond open up. Press gently but firmly against the wound to massage it and keep the diamond open. It may bleed slightly when this is done, but this is not a concern. Try to make a game of it if possible and keep it playful.
2. Repeat 3 times a day, at various times during the day for 3 weeks.
3. The released area will form a wet scab after the first day. It will appear white or yellow and soft because it is wet. **This is not infection!** This area is what you will be pressing against. The healing will be happening under the scab. The white area will get smaller each day, but healing is still happening! So even though the white scab will heal you **MUST** continue the stretching or the surgery may need to be repeated.

The child can eat whatever foods he or she can tolerate. Follow up with a speech therapist or bodyworker (chiropractor, CST, etc.) is also very helpful. Ask us for our preferred list of providers!

**For pain relief, adults can take ibuprofen 400-600mg every 4-6 hours as needed. For young children, Children's Motrin or Children's Tylenol can be administered every 4-6 hours as needed. It is not uncommon practice for parents to dose regularly within the first 72 hours. Consult your physician if you are unsure about which medications are safe for you/your child.

**For homeopathic pain reliever, some parents will use *Arnica Montana*. The recommended dosage is 30x or 30c tablets. Place 2 tabs in the child's cheek to dissolve every 2-4 hours as needed.

**If you have any questions/concerns please call our office at 920.336.6594 or Dr. Peterson's cell at 920.740.8761.