



**Melanie L. Throne D.D.S.**

## **POST-OPT INSTRUCTIONS**

### **After the surgery**

Patients can expect some mild swelling, pain, and or 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 frenuloplasty may include anesthesia complications, bleeding, pain, numbness, failure of procedure, voice and swallowing changes, infection, injury to adjacent structures, scarring, movement of teeth burning throat sensation from muscle strain.

### **Immediately after surgery**

- 1. 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 the office. If heavy bleeding persists, please go to your local emergency department.
- 2. Wound Care:** You will be given Rx for 2% viscous lidocaine and gauze. Apply 5ml (one teaspoon) of lidocaine to the gauze and place on surgical site. Leave the gauze in place for as long as you can before doing stretches. Replace gauze as needed.
- 3. Pain Medication:** We recommend using Tylenol and or ibuprofen as needed for pain.
- 4. 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. Colloidal silver spray is an excellent antimicrobial option. Brush normally.
- 5. Myofunctional Therapy Exercises:** It is extremely important to perform the stretches and exercises as prescribed by your therapist to obtain the most optimal results. We especially encourage: waggle spot, flat tongue (aka puppy tongue), skinny tongue (aka pointy tongue or snake). Light clicks, and caves (aka suction).

**Lip and buccal ties: Place lidocaine gauze at the wound site for 30 minutes, three times per day for the first 2 days.**

Be gentle with stretches for the first 3 - 5 days

Stretching exercises are better than strain

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

Sever pain that does not improve with medication

Brisk bleeding, Severe swelling at the site of surgery, difficulty breathing, fever higher than 102 F