



## Frenectomy Post-operative Instructions

After the procedure, your child will be numb from the local anesthetic, lidocaine, that is used to make the procedure more comfortable. This will last 1-3 hours and may make early attempts at feeding a little difficult. You will notice that the treated area(s) will be red and look like an open wound. However, there is usually little to no bleeding because of the type of laser used. These areas will begin to scab over within the next day and have a whitish appearance, similar to when you "skin" your knee and put a Band-Aid over it. It might have the appearance of an infection, but it is not, it is simply a moist scab. As the mouth heals over the next 1-2 weeks, it will begin to look more "normal".

Most parents will report some fussiness in the first 1-3 days, for which you can give Tylenol. Most infants from 0-3 months can have 40mg of Tylenol. If it's Tylenol Infants, it has a concentration of 80mg in every 0.8mL, which means you can give 0.4mL (40mg). If it's Tylenol Children's, that has a concentration of 160mg in every 5mL, which would mean you can give 1.25mL to get 40mg. If your child is older, you can follow the directions on the box using the appropriate age and weight.

It is very important to massage and manipulate the treated area(s) at least 3 times a day for 2 weeks. For lips, this means lifting the lip up and using a clean finger to massage the area for 15-20 seconds. For tongues, you should move your clean finger underneath the tongue, back and forth, massaging the area for the same 15-20 seconds. This is to help prevent the area from healing back on itself. If these exercises are not done regularly, unwanted scarring or re-attachment can occur.

Infection is an extremely rare occurrence with this procedure. An infection would be indicated by swelling and hardening of the area and likely an accompanying fever. If this were to occur, please call our office at 781-341-0030. However, fever alone is not usually a sign of infection and you should contact your pediatrician first, as it is likely some other illness.

We would like to see your child 2 weeks after the procedure for a quick examination to assess the healing. If you have any other questions, never hesitate to call us, and we welcome any positive reviews you might have on any platform of your choosing (Facebook, Google, Yelp, etc.). Thank you for trusting your child's care with us!

Dr. Derek Zurn