

Child Frenectomy Post-Op Guide

What to Expect After Your Child's Procedure

Day 1-3

Your child may feel sore and express discomfort.

Your child may eat whatever foods he or she can tolerate. The released area will form a soft, wet scab after the first day. It may appear white or yellow.

Over the next 4 weeks

Encourage your child to move the tongue as much as possible (as early as day 1 post op) by sticking the tongue out and holding for 10 seconds, out to the left, right, opening the mouth wide and lifting up the tongue to “paint the roof” of mouth, making clicking noises, and using the tongue to “clean off the teeth.”

During the first week, pain relief may be needed. Give Motrin (ibuprofen) or Tylenol as directed on the package based on weight.

If the lip-tie was released, your child's lip may swell up slightly that evening or the next day. It is normal and will resolve after a day or two.



Healing Sites

Please remember, healing times vary among children.

Tongue Pre Op



Tongue Healing Site
(immediate)

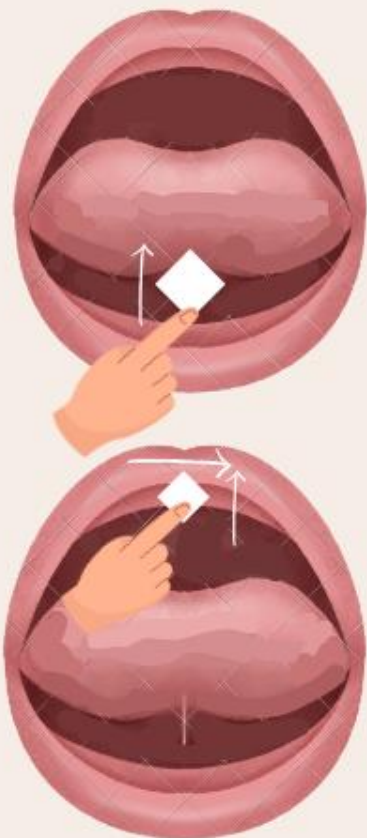


Tongue Healing Site
(1 week)



Wound Care

Your goal is to have the area heal, and the tissue re-form as far back as possible to yield the most mobility. It is recommended to perform the stretches 3-5 times a day, for 3 weeks. You may start the stretches on the night of the procedure (one time). Stretches should take only a few seconds and slight bleeding may occur. If you notice bleeding that is concerning, call us.



Tongue: Push In & Swipe Up

Using a clean or gloved index finger, push down behind the teeth in the floor of the mouth and swipe the tongue up towards the roof of the mouth. Your goal is to see the whole diamond open up and lengthen.

Repeat this motion 3 times, ensuring that the diamond elongates vertically, and ending the motion at the top of the diamond.

Perform this stretch 5x/day for 3 weeks.

Lip: Swipe Up & Sweep Across

Using clean or gloved hands, lift the upper lip as high as possible, high enough to press against the nose. Place your finger directly in the center of the diamond, and swipe up gently but firmly. Sweep your finger across the wound for a few seconds.

Repeat this motion 3 times.

Perform this stretch 5x/day for 3 weeks.

The first stretch can be performed on the night of the procedure. The white, diamond-shaped scab is what you will be stretching. The healing is occurring under the scab, just like a wound anywhere else on our body. The scab will shrink over the next few days, and even though it is healing, you must continue the stretching or the new frenum will not be as long as possible.



When to call:

- uncontrollable bleeding from wounds
- questions or concerns regarding wound care or stretches

It is essential that you follow up with your SLP, myofunctional therapist, or other specialized therapist. Collaborative care is pertinent in order to obtain full rehabilitation with optimal results.



Most importantly, remember, that we are all here for you.
If you have any questions or concerns, please don't hesitate to call our office.

Dr. Gal Hershko