

Laser Frenectomy Post Op Instructions

It is normal for the wound to ooze or bleed a little bit for the first two days. Because a laser was used, there is usually little or no bleeding at all. If you were given gauze to hold in the area, apply gentle pressure for 10 minutes, then change the gauze and repeat three times, for 30 minutes total. If something happens and the wound begins to bleed significantly, please call Dr. Joiner. To avoid making the wound bleed, please do not pull, poke or play in the area.

The area may have slight swelling. Swelling peaks 48-72 hours after the procedure. The area may also have some discoloration develop. If the area appears to have a white, spotted appearance on the edges do not panic. This is a "laser bandaid" applied to speed healing and decrease pain.

Some discomfort is to be expected, but it should be minimal. For pain relief, follow the instructions given to you by Dr. Joiner. If you are unsure, you can use the same medication your doctor/child's pediatrician recommends. This is usually Ibuprofen and/or Tylenol. If you are experiencing significant pain, don't hesitate to call Dr. Joiner.

You may eat and drink normally once the numbness is gone. Avoid using straws. Spicy or acidic foods may also cause discomfort or delay healing.

Avoid mouthwashes and rinses for the first 24 hours. These may "sting" when used. You can do warm saltwater rinses after 24 hours. Brush your teeth normally.

If this procedure was performed on an infant, please understand it may take 7-10 days for the infant to re-learn to feed to optimal levels, especially if they are more than a couple weeks old when the procedure was performed.

Exercise the area 10 times per day as instructed. Typically this includes pulling the lip up and down and out for one minute. If the procedure was performed under the tongue then stick the tongue out and side to side as well as touching the roof of the mouth with the tip during the exercises.

If anything feels out of the ordinary or if you have any problems or questions call 737-3521.

