

TEXAS PEDIATRIC DENTISTRY

POST-OPERATIVE INSTRUCTIONS FOR AN INFANT FRENECTOMY

The purpose of post-operative exercises following tongue-tie and lip-tie frenectomies are to:

- Develop new muscle movements, particularly those involving tongue-tip elevation and protrusion, inside and outside of the mouth.
- Help the tongue to elevate to the roof of the mouth, facilitating efficient suction and swallowing with minimal air.
- Increase range of movements that the tongue and lips can perform.
- Encourage tongue movements related to cleaning the oral cavity, including sweeping the inside of the cheeks, fronts and backs of the teeth, and licking right and left around both lips.
- Decrease the chance of regeneration of new frenum attachments forming.

Use the following exercises and stretches in any order, a MINIMUM OF 6 - 8 TIMES PER DAY FOR 2 WEEKS POST-OPERATIVELY. A small amount of coconut oil can be applied as a lubricant during stretches. It is both soothing and beneficial due to its anti-microbial properties.

Remember, the object of these exercises is to change the healing process.

IF THE STRETCHING IS NOT PERFORMED PROPERLY, THE WOUND WILL HEAL BACK TO ITS ORIGINAL SHAPE PRIOR TO SURGERY.

Tongue:

Keep diamond shape open by applying the coconut oil to the wound with a clean finger.

Press down on the floor of the mouth with one finger. With the other hand, pull the tongue straight up stretching for 10 seconds, thus preserving the new range of motion.

Lip:

Keep triangle shape open by over the wound applying the coconut oil to the wound with a clean finger.

Lift upper lip towards the nose and pull side to side, while counting to 10. Make certain to apply pressure upwards stretching the tissue of the wound.

Please Note:

Some degree of excessive salivation, drooling, minimal bleeding during stretches and fussiness is to be expected in infants.

The white "healing tissue" will form on the wound 1-2 days after the procedure. This is normal and not an indication of infection. It will slowly disappear in approximately 1-2 weeks post surgery.