

# FRENECTOMY

## Post-Operative Instructions for a Frenectomy Procedure

### AFTER THE FRENECTOMY

#### *What to Expect*

We will call at 1-week and 3-week post frenectomy release to follow up, but an appointment to visit the doctor is available if necessary. At these times, we will ask you to take photos in a bright light and email those directly to [info@texaspediatricdentistry.com](mailto:info@texaspediatricdentistry.com). Please include the child's name in the body of the email.



#### Things You May Notice

- You may see a minimal amount of blood in the saliva after a stretch of the lip and/or tongue. This is normal and will typically result if areas of the healing site were sticking together. The key is to use this same pressure in subsequent stretches.
- The healing process also increases saliva production. In addition, your infant may be adjusting to a new range of motion and can have difficulty controlling saliva. This is usually temporary.



#### Normal Post-Operative Signs

- Increased fussiness
- Difficulty with latch
- Increased choking or spitting up
- Increased sleepiness
- Further support

### BENEFITS OF POST-OPERATIVE EXERCISES

Post-operative exercises help achieve the best outcome by supporting the wound's healing in its new, open position. They reduce the chances of new frenum attachments forming and increase the range of motion for the tongue and lips.

**ALWAYS REMEMBER...** Be positive in your approach with the exercises.

### PAIN MANAGEMENT

- Tylenol or Motrin may be given depending on your child's weight.
- Milk chips can help naturally numb the procedure area to ease with any discomfort. First, place a milk filled bag flat in the freezer. Once frozen, take tiny pieces off and place them under the tongue or lip.
- Coconut oil can be applied in tiny amounts, best if chilled.
- Hydration is key, this will help keep the oral wound areas moist.
- Skin to skin will help release the oxytocin, which is a hormone that decreases sensitivity to pain.

*It is highly recommended to follow up with a IBLC, OT, SLP, or PT once a week for three weeks.*

# AFTER THE PROCEDURE

## What You May Experience

Please remember that not all babies are the same and may not follow the timeline.

### → Day 1 - 3

- You can expect your baby to have soreness, fussiness, and discomfort. Begin with one initial stretch in the evening of procedure day.
- Healing tissue, "white diamond" begins forming
- Your baby may experience trouble latching
- Have an alternative feeding and comfort plan prepared in case

### → Week 1

- Baby's discomfort begins to decrease
- Minor bleeding may occur after stretches
- Baby is beginning to adjust to new suck/swallow patterns
- Improvements may be noticeable, but feedings also may still be inconsistent

### → Week 2

- Commitment is established with exercises
- White diamond area decreasing in size
- Baby building on new mobility with adjustment patterns
- Improvements with more consistent feedings

### → Week 3

- Continuing stretches of healed frenectomy procedure site.
- White diamond area gone, new frenulum attachment beginning to take final shape and position
- Baby continues to gain more strength with new mobility
- Even more progress noted with more expected feedings

## THE "WHITE DIAMOND" AREA

The healing tissue area will form on the wound 1-2 days after the procedure; this is nature's band-aid. The color of this area is typically white but, in some cases, yellow. This is normal and not an indication of infection. It will slowly disappear in approximately 1-2 weeks post-surgery.

Tongue  
"White Diamond Area" healing  
spot of the tongue.



Lip  
"White Diamond Area" healing  
spot of the lip.

## STRETCHING INSTRUCTIONS

### Push, Scoop, Stretch

These will need to be done a **minimum** of **6 times** per day for 3 weeks post-operatively.

### → Tongue

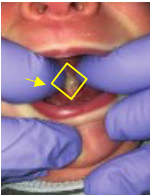
To help the triangle shaped wound heal in the new open position, press down on the floor of the mouth with one finger behind the bony ridge. Using a finger on your other hand, push tongue upwards, stretching for a count of 10, thus preserving the new range of motion. Then, try to place both of your index fingers on either side of the tongue and stretch diamond by pulling fingertips apart.

### → Lip

To help the triangle shaped wound heal in the new open position, lift the upper lip towards the nose and then pull side to side, while counting to 10. Make certain to pull upwards watching the tissue to ensure you are effectively stretching the tissue of the wound.

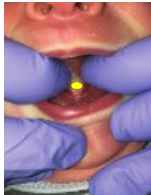
**01. Push**

Push directly on and into the bottom edge of the diamond with one index finger, while using the other hand to stabilize the jaw.



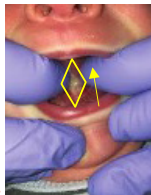
**02. Scoop**

Place your finger directly on the diamond, and scoop upwards to lift the tongue or lip up until your finger is resting at the top of the diamond.



**03. Stretch**

Stretch the tongue up to elongate the diamond vertically. Now stretch the lip up to where the entire diamond area is visible.



3595 S. Custer Road, Ste 100  
McKinney, TX 75070  
972.542.6662  
TexasPediatricDentistry.com



\*At any time, you may have an emergency with your baby, here is our after hours emergency line (214-901-2003), where we have a team member on call 24/7.\*