



Care of Mouth After a Frenectomy

1. Avoid taking bites of any food you can hold in your hand.
2. Cut all food into small pieces and place in the back of your mouth for chewing.
3. You will notice a yellow/white layer forming on the surface of the surgical site. This is very normal and part of the healing process. Do not try to clean or remove this layer of skin.
4. If a Tongue Frenectomy was done today, be aware that this area might be tender when speaking and functioning.
5. Salt rinse is not necessary and might cause discomfort or stinging at the surgical site. Rinsing with luke-warm water after food consumption is the best way to keep the area clean.
6. Use Sockit Wound Dressing as needed for discomfort and to promote healing. Apply this gel every 2-3 hours or as needed for the first 3 days to promote healing and your comfort during the healing process.
7. You will be provided with medication for discomfort that is appropriate for you. In most cases, a non-narcotic pain regimen will be given consisting of one *Acetaminophen 500mg* (Tylenol) and two *Ibuprofen 200mg* (Advil) taken every 4 hours. These two medications, taken together, will be as effective as a narcotic without any of the side effects associated with narcotics. If a narcotic has been prescribed, follow the directions carefully. You may take Ibuprofen with the narcotics, but not the Tylenol. If you have an allergic reaction to any medication, such as a skin rash or hives, stop the medication and call the office. If you have any questions about these medications, interacting with other medications you are presently taking, please call the office.

Companion Signature: _____ Date: _____

(If patient uses sedation, companion must sign.)

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