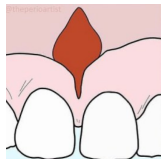


Instructions to Paediatric Patients Following Labial (Upper Lip) Frenectomy

Maxillary frenectomy
Lip tie



Your child has undergone a surgical procedure (a Frenectomy) to release a lip tie using a laser. Your child may be irritable, tired or unsettled after the procedure and for the remainder of the day and continue to be so for a couple of days.



The released area will form a wet diamond shaped scab after the first day. It will appear white or yellow and soft because it is wet. **This is not an infection!** This area is what you will be pressing against. The healing will be happening under the scab. The white area will get smaller each day, but healing is still happening! So even though the white scab will heal you **MUST** continue the stretching or the surgery may need to be repeated.

Diet: Wait until the numbness from the local anesthetic is entirely gone before eating. Avoid using straws for the first 48-hours. If your child must eat while numb or partially numb, start with cool, soft, spoon-fed foods to avoid causing excess swelling, bleeding, accidental burns, or cheek/lip/tongue biting. For the first 24 hours cold and soft foods are recommended for all ages. The rule is you should be able to cut the food using a fork. Avoid foods that are hard, sharp, salty, spicy, and acidic. Follow your child's lead as far as what they want to eat after the first 24 hours. Pasta, soft chicken, cooked vegetables are all good options.

Pain management: We will give your child Ibuprofen (Advil or Motrin) before procedure. After 4 hours you can alternate Tylenol and Ibuprofen every 4 hours. Administer Tylenol or Motrin based on medication instructions and your child's weight. It is good to stay ahead of the pain. Child should no longer need pain medication after 2-3 days.

Brushing and flossing: Gentle brushing and flossing can be resumed the night of the procedure.

Bleeding: A small amount of spotting or bleeding is common after the procedure, especially in the first few days. Because a laser is being used, bleeding is minimized. If the lip is bumped, the area may bleed again. Just apply pressure to the area to stop the bleeding with the gauze provided. Make sure it is slightly damp, rather than dry, to avoid tearing the healing wound and skin. Another option is to use a used cold teabag (red or black tea, not herbal); the tannic acid in the tea has a clotting effect.

Stretching Exercises: There are two important concepts to understand about oral wounds:

- Any open oral wound likes to contract towards the centre of that wound as it is healing (hence the need to keep it dilated open).
- If you have two raw surfaces in the mouth in close proximity, they will reattach.

While every child is different, most children will heal and recover from a frenectomy procedure in 3 major stages:

Days 1-3

- Your child will be sore and in some cases, swollen; administer pain medication as needed
- The “white diamond healing patch” will begin to form
- A slight fever can be normal on the first day
- Your child can eat whatever foods they can tolerate
- Minimal bleeding possible
- Begin stretching exercises night of day 1

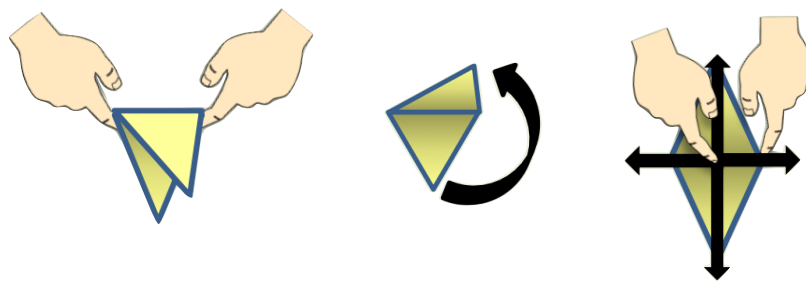
Week 1

- Wound will look better
- Soreness will subside
- Continue stretching exercises

Week 2-4

- Wound should look almost normal by week 2
- Continue exercises as directed though week 3; starting week 4, begin decreasing the frequency of exercises each day

Starting the evening of the treatment day: Gently lift the lip towards the nose with slight tension. While the lip touches the nose, shift it to the left and then right (hold & stretch for 2-3 seconds). Use a clean finger in a rolling pin motion to massage the area for 3 seconds as well. Press gently but firmly; the goal is to keep the “white diamond healing patch” open and prevent the frenum from reattaching to the upper gums. Some bleeding is normal. These stretches are NOT meant to be forceful or prolonged. It's best to be quick and precise with your movements. **Repeat 3-4 times a day for 4-6 weeks.** Do not go more than 6 hours between stretches. Do not quit before 4 weeks.



Post-procedure stretches are key to getting an optimal result. Even as the moist scab heals and eventually sloughs off, it is crucial to persist with the exercises. If left immobile, the body will attempt to heal itself (reattach) as it was prior to the frenectomy, necessitating another laser correction. Approach these exercises with a positive attitude. These exercises can be made into a game or another playful activity to keep children engaged and motivated. If you're concerned it is growing back together, email us a picture.