



Vincent Dental

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Frenulectomy/Frenectomy Post Operative Instructions

Immediate and Day 1 Care (First 24 Hours)

- Manage Bleeding: Gently bite on gauze for 30 minutes if needed. Expect some pink/blood-tinged saliva.
- Reduce Swelling: Use ice packs on the face (20 minutes on, 20 minutes off) for the first 24 hours.
- Rinsing: Do not rinse, spit, or use a straw for the first 24 hours to avoid dislodging the clot.
- Diet: Eat soft, cold foods (yogurt, pudding, smoothie, ice cream). Avoid hot or spicy foods.
- Rest: Limit physical activity for 24 hours.

Days 2–7 and Beyond (Healing and Stretches)

- Oral Hygiene: Gently rinse with warm salt water after meals. Resume brushing teeth gently, avoiding the immediate surgical site.
- Active Wound Management (Crucial): To prevent reattachment, perform active exercises 3–5 times daily:
- Lip Stretch: Place a clean finger under the lip, lift upward and toward the nose to keep the "diamond" open.
- Tongue Stretch: Place two fingers under the tongue and push up, holding for 5 seconds.
- Pain Management: Use Pediatric Tylenol/Advil for children or Ibuprofen for adults.
- Healing Scab: The area will develop a soft white/yellow "wet scab." This is normal healing, not an infection.

When to Contact the Dentist

- Increased pain or swelling after 3 days.
- Bleeding that does not stop with pressure.
- Fever.
- Stitches fall out within the first 24 hours.