

POST-OP INSTRUCTIONS

After the surgery:

Patients can expect some mild swelling, pain, and/or discomfort as a normal process of wound healing. Generally, this is fairly mild and can be controlled with over-the-counter pain medications. Possible (but very rare) complications of frenuloplasty may include anesthesia complications, bleeding, pain, numbness, failure of procedure, voice and swallowing changes, infection, injury to adjacent structures, and scarring.

Immediately after surgery:

- 1. Bleeding:** it is normal to experience some bloody oozing during the first 1-2 days. If steady bleeding occurs, place gauze under the tongue to hold pressure and call Dr. Ariana. If heavy bleeding persists, please go to your local emergency department.
- 2. Wound Care:** You will be provided with 2% viscous lidocaine and gauze. Apply 5mL (one teaspoon) of lidocaine to the gauze and place on surgical site. Leave the gauze in place for as long as you can for the first 24-48 hours. Replace the gauze as needed.
- 3. Pain Medications:** We recommend using Tylenol and/or ibuprofen as needed for pain. If you are already taking chronic pain medications, please inform us so we can customize a pain control strategy.
- 4. Sutures:** We use absorbable sutures that will fall off on their own within a week after surgery. After the sutures come out, we then encourage you to brush the surgical site with a soft toothbrush.
- 5. Oral Hygiene:** We recommend rinsing with salt water and/or alcohol-free mouthwash several times a day to keep the wound clean and reduce the risk of infection. Colloidal silver spray is an excellent antimicrobial option.
- 6. Myofunctional Therapy Exercises:** It is extremely important to perform the stretches and exercises as prescribed by your therapist to obtain the most optimal results. We especially encourage: *waggle spot, flat tongue (aka puppy tongue), skinny tongue (aka pointy tongue or snake), light clicks, and caves (aka suction).*

Lip and buccal ties: Place a gauze at the wound site for 30 minutes, three times per day for the first 2 days.

Be gentle with exercises for the first 3-5 days.

Stretching exercises are better than strain.

At any time, call our practice if you experience any of the following:

Severe pain that does not improve with medication

Brisk bleeding

Severe swelling at the site of surgery

Difficulty breathing

Fever higher than 102°F

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