

Post Op Instructions for frenectomy:

Avoid sharp, spicy, and acidic foods / liquids for the first 72 hours. Stick to a soft diet This includes items like spaghetti, casseroles, mashed potatoes, yogurt, and other foods that you can chew easily. Avoid biting into foods like sandwiches or apples for several days, particularly if you have had a maxillary frenectomy.

Post-op discomfort will likely only be mild and can be managed with an over-the-counter(OTC) medication such as Ibuprofen (200 mg).

A “white soft scab” will appear for the first 7-10 days while the frenectomy site is healing. This is not an infection and is simply a covering over the healing soft tissue. **DO NOT TOUCH IT!** Just leave it alone and let it heal.

Lasers are antibacterial so infection is very unlikely, but feel free to rinse gently with 0.12% Chlorhexidine or dab the rinse onto the surgical site.

For the first 24 hours, cold beverages, ice, “freezies”, or “popsicles” can be applied gently to the surgical site to help minimize swelling.

Brush your teeth normally but be careful not to disrupt the soft tissue while it is healing.

About 7-10 days after the frenectomy performed today, a short post-op visit will be necessary to evaluate healing.

Do not hesitate to call with any questions or concerns you may have. **(480) 279-3700.**