

# Post-Operative Care

## Laser Frenectomy

**EXERCISES:** One of the assistants will go over a few exercises for you to do once every two hours for three weeks. It is very important to do exactly what they show you several times a day. If you do not do the exercises you are shown the frenum may grow back and we will have to do the surgery again!!

### CARE OF THE MOUTH:

**Brushing and flossing-** Begin brushing and flossing the following day. Avoid surgical site for two days.

**Mouthwash-** Use the prescribed mouthwash two to three times daily beginning the morning after surgery until instructed to discontinue. Remember to puff up your lip as the assistant instructed.

**Electronic Toothbrushes-** DO NOT use an electric toothbrush such as Sonicare or Oral-B for 4 weeks on the surgical site following surgery.

**Waterpik-** DO NOT use a waterpik for 4 weeks on the surgical site following surgery.

### EATING:

First 24 hours- Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to COLD LIQUIDS OR ROOM TEMPERATURE for the first 24 hours. Dietary supplements such as Instant breakfast, Ensure and Boost are good choices. AVOID peroxide, alcohol, hot or carbonated beverages, hot food and drinking through a straw for the first 24 hours. After 24 hours, you may resume your normal diet. DO NOT SKIP MEALS. If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster.

### ACTIVITIES:

**REST-** Plan to rest at home the remainder of the day of surgery. You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling. **After 24 hours, you may return to your regular schedule, but avoid strenuous activities such as heavy lifting, jogging, exercise programs, etc. for at least 5 days following surgery.**

**Traveling:** No flying for 1 week

### MEDICATIONS:

**Pain medication-** The office will provide an 800mg Ibuprofen for the patient to take as soon as possible, make sure the patient is able to swallow. This medication is meant to be in their system before the numbness wears off. It is always better to prevent discomfort rather than to try and play catch up. The patient should take Ibuprofen within one hour after treatment. Never take pain medication on an empty stomach. This medication may be repeated every 4-6 hours as needed for discomfort. The patient will be asked to take 3 tablets (600mg) of Ibuprofen or Advil 3 times a day for three days. If the patient is allergic to Ibuprofen/Advil Dr. Zamboni will inform the patient of what medication to take instead.

**SWELLING:**

**ICE PACKS-** Some swelling occurs after the frenectomy surgery. To minimize swelling, you will be advised to use an ice pack which the office will provide. Place the ice pack on the outside of your face, over the treated area for **20 minutes, and then take it off for 20 minutes.** Continue to apply ice packs as much as possible the **first 24 hours after surgery.**

**BLEEDING:**

Slight bleeding or oozing is normal during the first 1-2 days following surgery. You will leave our office with a piece of gauze over the surgical site. **This piece of gauze should remain over the site for 20 minutes.** If the surgical site **is bleeding or oozing once the initial piece of gauze has been removed then the gauze should be replaced with a new, moist gauze.** You will apply firm pressure to the site for 5 minutes or until the bleeding/oozing stops. If excessive bleeding occurs after the first 24 hours, please call our office. If it is after hours please contact Dr. Zambon on her cell phone.

**SMOKING:**

**DO NOT SMOKE for 3 weeks after surgery.** Smoking is detrimental to healing tissues and will affect the results of surgery. **If you can stop smoking for 3 weeks postoperatively, you may as well quit all together.**

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