

POST-OP INSTRUCTIONS FOR FRENULOTOMY

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DO ONE THERAPY THE FIRST EVENING. REPEAT THESE EXERCISES 4 TIMES A DAY FOR 4 WEEKS.

Lingual Frenulum (under the tongue):

Your goal is to have the frenulum heal and re-form as far back as possible.

1. Stabilize the head from behind with your hands. Place the tips of your index fingers of both hands together; place them behind the lower gums and push down, back and up against the sides of the wound, stretching it upward. (Rolling Pin Action) Repeat 4 times.
2. Stabilize the head with one hand, use one index finger to rub across the middle of the wound with moderate pressure, 4 side-to-side swipes.
3. Use the same finger to swipe the wound from behind the lower gums, back and up along the length of the wound, rolling the finger against the wound. (Rolling Pin Action) Repeat 4 times.

(There may be slight bleeding the first day or two. This is common and is nothing to worry about.)

Labial Frenulum (under the upper lip):

The goal is for the frenulum to heal and re-form, as high as possible.

1. Stabilize the head from behind with your hands. With index fingers of both hands, put the fingertips together, get them under the lip, and lift upward, toward the nose, rubbing the sides of the wound 4 times. (Rolling Pin Action)
2. Stabilize the head with one hand, use one index finger to rub across the middle of the wound with moderate pressure, 4 side-to-side swipes.
3. With the same index finger, roll the wound from the bottom of the gum ridge, upward, under the lip, along the wound 4 rubs.

Buccal Frenulum (inside the cheeks):

1. Stabilize the head with one hand, place an index finger inside the cheek, lift toward the cheekbone and massage the wound from the outside with the thumb. 4 massages.

The release will form a wet scab after the first day. It will appear white and soft because it is wet. The scab will be present on the wound for about 2 weeks. This is nature's "band aid". This is what you will be pressing against. The healing will be happening under the scab, just like a scrape anywhere else on your body. The scab will get smaller and smaller, as it heals.

Repeat these for at least 4 weeks. **IT IS CRITICAL THAT THIS THERAPY IS DONE TO PREVENT THE WOUNDS FROM HEALING INTO TIGHT SCARS. IF THEY DO, THE SURGERY MAY NEED TO BE REPEATED.** It's important to do the therapy with a happy smile on your face and happy sounds from you. The child will read your body language and MUST sense that what you are doing is a good thing.

Recommendations for Pain Relief:

Rescue Remedy for kids (by Bach) Hyland's for Kids

Arnica tablets-place one under the tongue or inside the cheek, it dissolves very fast. Every 2-3 hours.

Or dissolve 6-8 tablets in 1 oz. of breastmilk or formula. Then, give 2-3 drops every 1-2 hours as necessary.

Hyland's Arnica Montana 30X, Boiron Arnica 30X

Tylenol or Ibuprofen (Ask your physician or pediatrician for dosing)