**Functional Frenuloplasty Post-Op Instructions**

After the surgery:

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:

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 the office. If heavy bleeding persists, please go to your local emergency department.

We recommend using Tylenol and/or ibuprofen as needed for pain.

We use absorbable sutures that will fall off on their own within a week after surgery. If this does not happen, we will remove them for you at your 1-week post-op visit. After the sutures come out, we then encourage you to brush the surgical site with a soft toothbrush.

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.

It is extremely important to perform the stretches and exercises as prescribed by your myofunctional therapist to obtain optimal results. Be gentle with exercises for the first 3-5 days. Stretching exercises are better than straining.

If you experience severe pain that does not improve with medication, brisk bleeding, severe swelling at the site of surgery, or difficulty breathing please call the office right away.