

Frenoplasty: Instructions After Surgery

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What should I expect after surgery?

Young children may be cranky for several days after this surgery. The sutures under the tongue take a few days to dissolve, and your child may be bothered by them to some degree. You may notice a white or yellow "scab" under the tongue, this is normal. Most children recover from the operation fairly quickly. Just keep them eating and drinking as normally as possible, and use pain medicine as necessary. Let me know if there is any significant swelling in this area.

What medication is necessary after frenoplasty surgery?

Antibiotics are not necessary, but pain control should be used as needed. One good option is acetaminophen (Tylenol®). **Aspirin should not be used for two weeks before and after surgery** as it can cause bleeding, as can dietary supplements containing fish oil, garlic or other herbs.

In the past other "NSAID" drugs like ibuprofen (Motrin® or Advil®) were also avoided because of concerns about bleeding, but recent research has shown that they are safe and effective for pain relief after surgery. Currently I recommend Tylenol every four hours, or ibuprofen every six to eight hours. **One good approach** is to combine these drugs, **alternating** Tylenol and ibuprofen every three hours (so there will be **6 hours** between doses of Tylenol, and **6 hours** between doses of ibuprofen). Generally, there will be no need for pain medicine for more than a day or two.

What should my child eat and drink after the surgery?

There are no specific restrictions on this following frenoplasty. Children can use a bottle right away, and there is no problem with pacifier use either.

Can my child swim, go to school, or engage in other activities?

Once children are feeling better, there is no medical reason to restrict activity.

Can my child travel after surgery?

There are no specific restrictions about travel after frenoplasty.

What about follow up?

The follow up visit is three weeks after the surgery. In many cases, this visit is not absolutely necessary. If your child is eating and drinking normally, you may just contact the office where your child was last seen to check and see if you need to come in for a follow up appointment.

Given by : _____ MD / RN

Date: _____