

After Care Instructions for Frenectomy



Please follow these important instructions. They will make you more comfortable and help to prevent possible complications following your treatment.

Discomfort

For mild discomfort, use a non-aspirin pain killer such as Panadol or Nurofen. Avoid aspirin postoperatively to prevent bleeding problems. For more moderate discomfort, you can take high doses of ibuprofen (up to 600mg) per manufacturer's instructions.

Swelling

You may expect some swelling, but to minimize it, apply cold packs to your face over the surgical area for the first 3 to 4 hours after surgery. Ice cubes in a plastic bag, or sopping wet wash cloth frozen in a plastic bag may be used as inexpensive cold packs. Apply the cold pack, 10 minutes on and 5 minutes off. During the second and third day, warm salt water "holds" work nicely to minimize further swelling.

Bleeding

You have just had minor surgery. As you might do following any surgery, plan your day or evening so you are able to get a little more rest than usual. Avoid physical activities for the first 24 hours. To minimize the chances of bleeding, don't rinse your mouth out vigorously, drink out of a straw or smoke during the first 24 hours. If bleeding starts again and you're out of gauze, use an ordinary tea bag to press against the bleeding area for an additional 10 minutes. If bleeding persists after three tries, call the office for the after hours number.

Oral hygiene

Continue to clean the rest of your mouth as you normally would, but avoid the surgical area with a toothbrush during the first 3 weeks. Instead rinse gently for one minute morning and evening with the prescribed mouthwash. After three weeks you can start mechanically cleaning the surgical site with a soft tooth brush. If you were given a prescription for an antibiotic, be sure to take it on time as prescribed, as that will aid your healing.

**If you have any further questions or concerns please contact us on
07 4054 4488**