

Laser Frenectomy (Lip & Tongue Tie)

Laser releases often involve "active wound management" to prevent the tissue from reattaching while it heals.

- **Wound Stretches:** You may be instructed to perform specific movements or stretches (usually starting 24 hours post-op). These are crucial to ensure the tissue heals in the correct position.
 - *Lip:* Use clean fingers to lift the lip up and back toward the nose.
 - *Tongue:* Place fingers under the tongue and gently push up and back.
 - *Frequency:* Follow your doctor's exact schedule (often 4–6 times daily for the first week).
- **Feeding:** If the procedure is for an infant, be patient with feeding adjustments. Skin-to-skin contact can help keep them calm. If breastfeeding, you may find that taking a warm bath together helps with the initial latching process.
- **Healing Expectation:** The area may look white or yellowish; this is often normal granulation tissue (the "scab" of the mouth) and not an infection.

General Recovery (For All Procedures)

- **Pain Management:** Take over-the-counter pain relievers (like Ibuprofen or Paracetamol) as directed, ideally *before* the anesthetic wears off to "stay ahead" of the discomfort.
- **Diet:** For the first 24–48 hours, stick to **cool, soft, or room-temperature foods** (e.g., yogurt, smoothies, mashed potatoes, applesauce). Avoid anything hot, spicy, crunchy, or acidic.
- **Activity:** Rest for the remainder of the day. Avoid strenuous exercise or heavy lifting for 2–3 days.
- **Avoid Suction: Do not use a straw** or engage in vigorous spitting for at least 48 hours, as the suction can dislodge the blood clot and delay healing.
- **Oral Hygiene:** Keep your mouth clean to prevent infection. You can usually brush your teeth the following day, but be very gentle and avoid the surgical site. Avoid using electric toothbrushes or water flossers near the area for about 4 weeks.

When to Call Your Dentist

Contact your office immediately if you experience:

- **Excessive bleeding** that does not stop after applying firm pressure for 30 minutes.
- **Fever** (over 101°F/38.3°C) or signs of infection (pus, foul-tasting discharge).
- **Severe pain** that is not relieved by your prescribed or recommended medication.
- **Increasing swelling** after the first 72 hours.