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## **POST-OP INSTRUCTIONS -- FRENULECTOMY**

**PRESCRIPTIONS:** Have all prescriptions filled prior to surgery. Take your medications only as directed. Regular medication prescribed by your physician should be taken as usual, unless you are told to do otherwise. Take PAIN MEDICATION before you begin to feel discomfort, with fruit juice or a full glass of water. Never take pain medication on an empty stomach. Fasting is not required prior to surgery. Do not use aspirin or products containing aspirin the week prior to surgery. If ANTIBIOTICS were prescribed, take them as directed until all have been taken. Patients taking birth control pills should be aware that ANTIBIOTICS could alter the effectiveness of the birth control pill. PERIOGUARD oral rinse or LISTERINE should be used twice a day starting the day after surgery to kill bacteria around the surgical area. PHENERGAN may be prescribed. This is to be used only if you experience nausea. If ATIVAN or any sedative is prescribed YOU MUST HAVE SOMEONE DRIVE YOU FOR THE APPOINTMENT. Refer to "Medications For Periodontal Surgery" sheet for YOUR prescribed or recommended medications.

**BLEEDING:** Some bleeding is normal during the first day following surgery. Apply gauze moistened with cold water under your upper lip and apply light pressure to the lip to stop bleeding. SPECIAL NOTE: AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, DRINKING STRAWS, AND SMOKING for at least 24 hours. These things, as well as heat, can contribute to bleeding problems.

**NUTRITION:** Adequate nutrition is essential for normal healing. The first 24 hours following surgery your diet should be restricted to food that is not heated. Avoid biting into food or chewing food with your front teeth. You can eat solid foods using your back teeth.

**HEALING:** A frenulectomy procedure leaves a triangular raw area under your upper lip. This area heals rapidly within about 2 weeks.

**SUTURE:** The suture will dissolve within 10-12 days. If your sutures become loose and bleeding results, place moist gauze under your upper lip and apply gentle pressure.

**REST:** Plan to rest the remainder of the day of surgery and the following day. After that time, you should be able to return to your regular schedule, EXCEPT such activities as jogging, aerobic exercise, and other strenuous activities. These should be discontinued for the week following surgery. Use good judgement when returning to more strenuous activities.

**PAIN:** Following surgery, pain is usually mild. Your discomfort should gradually diminish after the first day. IF YOU HAVE SEVERE PAIN AFTER 24 HOURS, CONTACT DR. WHITE OR DR. BLANSETT.

**QUESTIONS/PROBLEMS:** It is our sincere desire to have you as comfortable as possible during the healing period. If you have any questions or concerns, please don't hesitate to call. Office phone 479-631-6074. Dr. White's cell phone: 479-644-1087. Dr. Blansett's cell phone: 479-282-9448.