



Lip Tie Release (Frenectomy) Aftercare Instructions

Your child has had their lip (frenum) released. The aftercare is just as important as the procedure itself. Here are some helpful tips:

Your child will have a numb lip. The numbing should last about 2 hours after the procedure is done. Your child may drool or have swelling of their lip. If they would like to eat, please give them soft, bland foods to start.

You will need to do stretching exercises to help the frenum not reattach.

Exercise 1: First put your fingers all the way in the fold of the lip and pull the lip up and out as high as possible for 5 seconds, so you can see the white diamond and cover the nostrils. It may bleed slightly the first day or two. Repeat 4x

For babies, we recommend 4 times a day. For toddlers, we recommend 2x a day, (1x minimum). And for school-age up to adults, we recommend 3x a day. Please do these exercises for 14 days and make sure to schedule a follow up appointment at Pine Tree two weeks after your procedure for an evaluation of the healing.

What can I expect as the area heals?

- The released area will form a wet scab after the first day. It will appear white or yellow and soft because it is wet. This area is what you will be pressing against. The healing will be happening under the scab, just like a scrape anywhere else on your body. The white area will get smaller each day, but healing is still happening!

How long does it take to recover from a frenectomy?

- In infants, recovery is quick, and babies usually feed without difficulty immediately. In older children, recovery after a frenectomy usually takes about three to five days.

When can your child go back to school?

- Following a frenectomy procedure, most children can go back to school and other routines after one day.

When can my child eat or drink?

- Your child can sip liquids immediately after their procedure. They should wait to eat, or eat soft foods like yogurt or mashed potatoes, until the local anesthesia wears off. They can try more solid foods as they become more comfortable.

If my patient is having pain or discomfort, what should I give them?

- Give Motrin (ibuprofen) or Tylenol as directed on the package based on weight. If the lip-tie was released, the child's lip may swell up slightly that evening or the next day. It is normal and will go down

after a day or two. The wound will be sore for a few days, at one week look much better, and at two weeks look almost normal. A slight fever is normal the first day. They should eat and sleep normally.

Please call Pine Tree Pediatric Dentistry at 503-292-9274 with any questions or concerns regarding your child's healing, or you can email us with a picture at info@pinetreepd.com