



## Tongue Tie Release (Frenectomy) Aftercare Instructions

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

1. Your child will have a numb tongue. The numbing should last about 2 hours after the procedure is done. Your child may drool and have a sloppy tongue. If they would like to eat, please give them soft, bland foods to start.
2. You can give your child Tylenol when you get home for pain and then, if needed alternate between Motrin and Tylenol every 4 hours.
3. In about 2-3 days, the wounds will look gross. The scabs can be white or yellow/orange. They may look infected but this is the typical appearance for the scabs. They'll fall off over time.
4. There are several sutures placed under their tongue. These sutures will fall out on their own in 5-7 days.
5. Please return for your follow-up visit in one week to assess wound healing.
6. After your assessment, the dentist will clear your child to begin tongue exercises. It is important that your child complete these myofunctional exercises daily (listed below) to help strengthen the tongue.
7. These exercises help strengthen the tongue and also to help it not re-attach. They need to be done **4x per day for two weeks.**
  - i. **Step 1: Have your child place the tip of the tongue against the hard palate on the roof of the mouth, just behind the top teeth, and push upwards and hold for 5 seconds. Repeat 10 times.**
  - ii. **Exercise 2: Touch Nose - Stick out your tongue and try to touch the tip of your nose and hold for 10 seconds, then relax. Repeat 10 times.**
  - iii. **Exercise 3: Touch Chin - Stick out your tongue and try to lick the bottom of your chin and hold for 10 seconds, then relax. Repeat 10 times**
  - iv. **Exercise 4: Push Tongue Left - Stick out your tongue and move it as far as you can to the left and hold for 10 seconds, then relax. Repeat 10 times.**
  - v. **Exercise 5: Push Tongue Right - Stick out your tongue and move it as far as you can to the right and hold for 10 seconds, then relax. Repeat 10 times.**
  - vi. **Exercise 6: Roll Tongue - Roll your tongue by folding the edges toward the middle lengthwise, so it looks like the end of a taco shell. Stick it out as far as you can while keeping it folded and hold for 10 seconds, then relax. Repeat 10 times.**
  - vii. **Exercise 7: Click the Tongue - Make a loud clicking sound with the tongue against the roof of the mouth. Click the tongue for 15 seconds and then repeat 10 times.**

For video instructions or photos please go to <https://www.zaghimd.com/> and go under "Post Op Instructions" and select "Myofunctional"

It is important to also follow up with your child's speech therapist and to continue with speech therapy during this healing process, so your child is learning speak with their newfound mobility. Also seeing a myofunctional therapist can also be helpful in learning to use the tongue properly.

Please call Pine Tree Pediatric Dentistry at 503-292-9274 with any questions or concerns regarding your child's healing.