

Post Op Frenectomy Instructions

1. Analgesic – As directed for discomfort
Advil/Motrin/Tylenol
2. Ice 10 minutes on 10 minutes off today
3. Expect some swelling, sleep slightly elevated tonight
4. No biting until sutures out
5. Softer diet until sutures out
6. Gentle salt water rinses start tomorrow for 5 – 7 days
(Use one teaspoon salt in 8 oz.
7. *of warm to hot water -rinse for 4 – 5 minutes after meals and before bed)*
8. Gentle cleanse all other areas
9. Return for suture removal
10. Call if any concerns
11. Limit activity

Thanks,

Dr. Swain and Staff