

Post Operative Instructions after Laser Frenectomy -Child

Your child has undergone a surgical procedure (a frenectomy) to release a tongue tie &/or lip tie using a laser. Your child may be irritable, tired or unsettled after the procedure and for the remainder of the day and continue to be so for a couple of days.

For optimum healing and the best results (and minimal chance for need for further revision), please read and follow the below instructions:

Minimising infection and maximising comfort

- Continue to brush teeth and keep the area as clean as possible
- Ensure a healthy diet with and AVOID salty/sour foods (as this may be painful on the treatment area).
- Take your chosen path of relief (Paracetamol or homeopathic) especially before meals
- Rinse with salty water or at least with water after each meal and just before sleep.

Face games for strengthening tongue and facial muscles

These face games and stretches will strengthen the tongue and facial muscles and improve their scope of movement. It may assist with speech issue. SEE SEPARATE SHEET for these exercises.

Active wound management: Stretches for the wound (performed with finger)

Start the stretches before bed tonight. The stretches are to minimise the reattachment of the tissue following surgery. The wound stretches should be performed 3 times a day (upon waking, in the middle of the day and last thing before bed). Wash your hands ahead of each stretch session. Seat your child with the back of their head toward you for best access and effectiveness.

FOR TONGUE: *press under the tongue with a finger in the middle of the lower portions of the tongue, and ride the finger back and upward along the tongue (as shown).*

FOR LIPS: *pull lip up and in extend it to its maximum.*

Continue for 4 weeks. **Bleeding:** It is not unusual to get some bleeding during or after stretches. This should settle in a few minutes. Use gauze, a moist tea bag or a clean damp cloth with pressure if the bleeding is excessive.

Body work

Any body work (like chiropractic care) that was commenced before laser treatment need to be continued. Ideally your child will see a body worker 24-48 hours before and after treatment. Subsequently treatment may be required and your bodyworker practitioner will advise if this is the case.

Consulting other professionals:

We have found that our patient have had very positive outcomes when combining their laser surgery with adjunctive therapies where needed including chiropractic, speech therapy, myofunctional therapy.

Please contact our surgery on (07) 3219 4020 if you have any quires or concerns relating to your child's treatment.