



## Child Frenectomy Aftercare Instructions

### **Pain Relief:**

Most children experience only minimal discomfort or fussiness after the procedure, lasting anywhere from a few hours to several hours. Children's Tylenol (acetaminophen) can be given to help with the discomfort, as needed, every 4-6 hours. Please speak with your doctor/dentist/pharmacist if you are unsure about what dose of medication to give, and remember that medication dosages should always be based on your baby's weight.

### **Diet:**

Your child can resume eating and drinking immediately afterwards. Stick to **softer foods** for the first **48 hours** to minimize the chance for any irritation or discomfort to the area. Using a straw is often easier and safe to use. Avoid spicy foods and very hot temperature foods for the first 48 hours, to help minimize any irritation and discomfort in the area. Cold foods are good to eat, but not mandatory (smoothies, yogurt, pudding, ice cream, jello, etc.).

### **Healing:**

Within the first 24-48 hours after the procedure, a grayish-white patch will form in the area(s) where the incision was made with the laser. This is the space that was created for improved lip and/or tongue movement. This is **NOT** infection or thrush and the tissue will thicken and return to its normal appearance in about 2 weeks. Slight puffiness of the upper lip is also normal since the lip had to be held and pulled to complete the procedure.

### **Stretching Exercises:**

If stretching exercises are necessary, Dr. Kingma or Dr. Randall will discuss this with you at the appointment. If you have any questions about this, call, email, or text your doctor at the number listed below.

### **Follow-Up:**

No follow-up appointment is needed. Should you have any questions or concerns, please contact our office during normal business hours, or your doctor (contact info below) after hours.

*If you have emergency questions or concerns, please contact:*

**Dr. Brett Kingma**

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**OR**

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