

After your frenectomy

What to Expect:

Some post-operative pain/discomfort - After the numbness wears off you may experience some pain/tenderness in the area, this will subside in 2-3 days with the aid of painkillers.

Bleeding in the area - For up to 12 hours after the operation you may experience mild bleeding or oozing from the area - We will provide extra gauze for you to apply pressure with if you feel the area is still bleeding.

What to do immediately after surgery:

- ◆ Start taking any antibiotics or painkillers prescribed to you by your dentist. If no medication is prescribed, painkillers such as Panadol, Panadine or Nurofen may be taken to minimise discomfort.
- ◆ Apply pressure on the wound for the next hour at least. After an hour, take it out and throw it away. If you feel the wound is still bleeding take another gauze pack, place it on the area and apply pressure firmly for another hour. DO NOT fall asleep with gauze in your mouth.
- ◆ Do not spit out or rinse excessively as a blood clot is forming and if you spit or rinse you are disturbing the blood clot and it will increase the healing time and possibility of bleeding. Blood may appear in the saliva however it is best that this is swallowed and not spat out.
- ◆ Do not participate in any vigorous exercise following your appointment, rest as much as possible. If you have been prescribed strong painkillers, refrain from driving a vehicle or doing any strenuous activity.
- ◆ Avoid smoking for as long as possible after the procedure. Smoking can delay healing.
- ◆ Eat something soft and warm as soon as the numbness wears off or when you feel comfortable. Avoid hot and hard things, including tea and coffee. These may hurt the area or cause you to burn yourself without knowing.
- ◆ Be careful not to bite or chew your lip when you are still numb as you may cause damage and traumatise the area.
- ◆ Avoid drinking any alcohol for a few days.
- ◆ Tongue exercises such as trying to touch your chin and tip of the nose 10 times per day 2-3 lots a day.

For the remainder of the healing period:

- ◆ Take any prescribed antibiotics for the whole course
- ◆ Brush your teeth carefully being mindful of the wound.
- ◆ Start rinsing with warm salty water using a teaspoon of non-iodised rock salt in a glass of warm water 3-4 times a day for about 5 days. Be sure to rinse after meals and before bed.
- ◆ Take it easy for the next few days, allow your body to rest and recuperate.
- ◆ If dissolvable sutures were placed in the surgical area they will dissolve in 7-10 days.
- ◆ If they do not dissolve, phone the practice and we will arrange a time to remove them for you.
- ◆ If other sutures were inserted, we will require you to return 7-10 days after your appointment for us to remove them.
- ◆ We will give you a call the day after your appointment to check on you and see how things are healing and how you are managing the pain.

If you are experiencing any problems:

- ◆ If you are experiencing any bleeding, take the gauze pack you received and place it over the wound apply pressure for 30 minutes. If bleeding persists, please give us a call.
- ◆ If the pain continues after 2-3 days. Any other questions please contact us.

Phone Number: (07) 5546 9710

Calling after hours?

Leave a message asking for a call back and one of our friendly staff members will give you a call as soon as possible