



FRENECTOMY

A frenectomy (frenulectomy) is a procedure that addresses and corrects issues related to a frenum. A frenum is the thin tissue attaching the lip to the gums or the tongue to the floor of the mouth. The two most common types of frenulums that are treated are the lingual frenum and the maxillary/mandibular facial frenum. The lingual frenum connects the tongue to the floor of the mouth. When this frenum runs all the way to the tongue's tip, a patient is said to be tongue-tied.

In order to determine if a frenectomy is right for you or your child, you will need to schedule an initial consultation, during which your periodontist will examine the overall health of your teeth, review your medical history, and determine what treatment options are best suited to your unique needs.

If a frenectomy is determined to be the optimal treatment option for you or your child, the procedure will begin with administration of a local anesthetic to numb the area. Next, your periodontist will use a laser or scalpel to separate the frenulum. The procedure is relatively painless and can typically be completed within 5-15 minutes with minimal recovery time. Often there are no sutures required and results are instant!

A range of issues can develop for patients who do not pursue treatment, including:

- Speech impediment
- Chronic mouth breathing
- Crowded teeth, impediments in orthodontic treatment
- Improper swallowing and/or messy eating
- Inadequate lip seal
- Limited jaw growth
- Dental recession
- Limited movement of oro-facial muscle
- Periodontal disease



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What to expect:

- mild/moderate discomfort
- Possible muscle exercises for tongue
- Minimal post-op appointments
- If you take ASPIRIN, continue to take it
- If you take blood thinning medications, please follow your periodontist and doctor's instructions on taking it prior to surgery

Post op instructions:

- Soft food diet following surgery; no carbonation
- No straws, spitting, hard swishing
- Avoid heavy lifting/exercise
- Must maintain good oral hygiene
- Soft toothbrush use for the first week
- Ice pack for first 24 hours only
- StellaLife Rinse 3x a day until bottle is finished
- For pain control and reduction of swelling, take 600 mg Ibuprofen (this is 3 over the counter 200mg tablets), wait 3 hours then take 500mg Tylenol (1 over the counter tablet) and continue to alternate medications every 3 hours. If this does not control your pain, take the 600 mg ibuprofen and 500 mg Tylenol at the same time, every 6 hrs.
- If medications were prescribed, please follow the instructions on the bottle for their use.

Pre op instructions:

- No caffeine the day of procedure
- No alcohol the day before and day of the procedure
- No smoking at least 1 week prior to and after procedure.