

## **POST-OP Instructions AFTER LASER FRENECTOMY**

**Parvathi Pokala D.D.S. & Associates**

- 1.** Avoid sharp, spicy, and acidic foods / liquids for the first 72 hours.
- 2.** Post-op discomfort will likely only be mild and can be managed with an over-the-counter (OTC) medication such as Ibuprofen. Brand names include Children's Motrin, Advil, and Nuprin.
- 3.** A "white soft scab" will appear for the first 7-10 days while the frenectomy site is healing. This is not an infection and is simply a covering over the healing soft tissue.
- 4.** Lasers are antibacterial so infection is very unlikely, but feel free to rinse gently with 0.12% Chlorhexidine or dab the rinse onto the surgical site.
- 5.** For the first 24 hours, ice cold water or be applied gently to the surgical site to help minimize swelling.
- 6.** Brush your teeth normally but be careful not to disrupt the soft tissue while it is healing.
- 7.** About 7-10 days after the frenectomy performed today, a short post-op visit will be necessary to evaluate healing.