



FRENECTOMY POST-OP INSTRUCTIONS

1. Avoid HOT food and drinks for 24 hours. Food and drink should be at room temperature, at warmest.
2. Do not brush or floss for 24 hours.
3. Do not eat anything spicy or use any sharp instruments in the mouth for 24 hours (i.e., do not eat chips, do not use straws, toothpicks....etc.).
4. Do not allow contact with or aggravation of the lips for 24 hours (i.e., no contact sports, strenuous exercise, or kissing).
5. Use over-the-counter pain medication such as Tylenol or Ibuprofen as necessary.
6. If there is bleeding, use gauze and place light pressure on the wound for 15 minutes. If bleeding does not stop, call the doctor.
7. Call the doctor if there is excessive pain, bleeding or swelling.

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