

**FRENECTOMY - POST OPERATIVE INSTRUCTIONS**

**\*\*IT IS IMPERATIVE THAT YOU FOLLOW THESE INSTRUCTIONS COMPLETELY\*\***

It's important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask that you to bite on wet gauze. After the blood clot forms, it's important to protect it, especially for the next 48-72 hours. **It's important to not smoke, use a straw, drink alcohol or carbonation, rinse your mouth vigorously, forcefully spit or brush the area**. These activities could dislodge the clot and slow down healing. Limit yourself to calm activities for the first 72 hours. This keeps your blood pressure lower, reduces bleeding, and helps the healing process.

**MEDICATIONS**If Dr. Mullins has prescribed an antibiotic, continue to take it until gone, even if all symptoms and signs of infection have cleared. It is important to take 800mg of Motrin every 6 hours for at least the next 3 days. If she has prescribed a pain medication, it may be safely added to the Motrin. If an allergic reaction occurs, please discontinue use of medication and contact our office immediately.

**BLEEDING**  
Some bleeding is normal the first 24 hours after surgery. Applying pressure by biting on wet gauze for 30 minutes should control bleeding. You should replace gauze every 30 minutes as long as bleeding is present. Some seepage may occur, giving your saliva a red or pink color. Do not be alarmed. If gauze is completely saturated after several hours you can place a wet tea bag wrapped in wet gauze to help the blood clot. If bleeding persists, call the office.  
**SWELLING**The use of an ice pack near the affected area, 20 minutes on and 20 minutes off can reduce possible swelling, as well as the regular use of Motrin. Sleep with an extra pillow to slightly elevate your head for the first night.

**ORAL HYGIENE**You may return to your daily dental routine the day after surgery, **staying away from the surgical site** with your toothbrush. Dr. Mullins has given you a bottle of Peridex prescription mouth rinse with disposable, reusable sponges for application. Begin applying this rinse the day after surgery and continue for a minimum of 2 weeks. After 2 weeks, you may rinse your mouth gently with warm salt water (1/2 teaspoon salt to 8 oz. warm water) if needed. For the first week, apply a layer of Vaseline to the surgical area with a cotton swab twice daily.   
**DIET**It is extremely important to maintain a regular diet to promote proper healing but avoid eating hard foods that require a lot of chewing pressure, tart or spicy foods, nuts, chips or popcorn. Drink plenty of fluids for the first 48 hours after surgery**. DO NOT CHEW IN THE AREA OF THE SURGERY OR DRINK THROUGH A STRAW!  
SMOKING**  
Smoking can be a large risk factor in post-operative inflammation and/or infection. If you are a smoker, please do your best to avoid smoking for 4 – 6 days after your procedure.

We appreciate the opportunity to be a part of your dental team and hope your treatment was as pleasant as possible. Please don’t hesitate to call with any concerns or questions you may have!  
Dr. Stephanie L. Mullins & Staff

**Please report any signs or symptoms of COVID-19 within the next 14 days.**  
  
\*\* If you have a post-operative **emergency** and need to reach Dr. Mullins after hours, she can be contacted directly at **816.719.3200** or stephmullinsdds@gmail.com.   
**Please note**: an after-hours fee may apply to calls that are not an emergencies \*\*