

IMMEDIATELY AFTER THE SURGERY

- ☞ It is normal for the wound to ooze or bleed a little bit for the first two days. Because a laser was used, there is usually little or no bleeding at all. If you were given gauze to hold in the area, apply gentle pressure for 10 minutes, then change the gauze and repeat three times, for 20 minutes total. If something happens and the wound begins to bleed significantly, please call Dr. Ybarra. To avoid making the wound bleed, please do not pull, poke or play in the area.
- ☞ The area may have slight swelling. Swelling peaks 48-72 hours after the procedure.
- ☞ The area may also have some discoloration develop. If the area appears to have a white, spotted appearance on the edges do not panic. This is a "laser band aid" applied to speed healing and decrease pain.
- ☞ Some discomfort is to be expected, but it should be minimal. For pain relief, we recommend using Tylenol and/or Motrin as needed for pain. If you are experiencing significant pain, don't hesitate to call Dr. Ybarra. Please note: **DO NOT GIVE ASPIRIN to a child.**
- ☞ You may eat and drink normally once the numbness is gone. Avoid using straws. Spicy or acidic foods may also cause discomfort or delay healing.
- ☞ Avoid mouthwashes and rinses for the first 24 hours. These may "sting" when used. You can do warm saltwater rinses after 24 hours. Brush your teeth normally.
- ☞ Ice can be applied for the first 24 hours to the outside of the upper lip if a maxillary frenectomy (upper lip tie) was performed. If a lingual frenectomy (tongue tie) was performed place ice chips under the tongue. Alternate 20 minutes on, 20 minutes off with the ice. This will help reduce swelling and discomfort.
- ☞ If you had a lingual frenectomy performed, it is important you use and exercise your tongue almost immediately (see below).

MYOFUNCTIONAL THERAPY EXERCISES:

1. Stretch your tongue up towards your nose, then down towards your chin. Repeat.
2. You can vary the exercise above and make it more interesting by putting a dab of food in various positions above the top lip, to be retrieved with the tongue tip.
3. Open your mouth widely. Touch your big front teeth with your tongue with your mouth still open. Can you FEEL how tough your teeth are?

4. Look in the mirror. Still with your mouth open wide, say dar-dar-dar, now say nar-nar-nar, now say tar-tar. Look in the mirror to see what your tongue is doing. Can you FEEL where it is?
5. Lick your whole top lip from one side to the other, now go back the other way.
6. Lick your whole bottom lip from one side to the other, go back the other way.
7. See how many times you can lick your lips right around.
8. Poke your tongue out as far as it will go.
9. Shut your mouth and poke it into your left cheek to make a lump.
10. Do the same on the other side.
11. Now see if you can make your top lip fat without opening your mouth.
12. Can you go in-out-in-out-in-out with your tongue? (demonstrate)
13. Put your tongue behind your teeth and shut your mouth. Can you find your big top teeth with your tongue while your mouth is still shut? FEEL how tough your teeth are.

It is extremely important to perform the stretches and exercises as prescribed to obtain the most optimal results. Be gentle with exercises for the first 3-5 days.

At any time, call our practice if you experience any of the following:

- ☞ Severe pain that does not improve with medication,
- ☞ Brisk bleeding,
- ☞ Severe swelling at the site of surgery,
- ☞ Difficulty breathing,
- ☞ Fever higher than **102° F**

Sincerely,
The Staff

at Great Beginnings Pediatric Dentistry