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In-Office Frenulectomy (Tongue-Tie Release Procedure) POST-OPERATIVE CARE INSTRUCTIONS

WHAT TO EXPECT

- You may see a small amount of blood in the saliva right after this procedure
- Pain on the day of surgery is rare but may be controlled with Tylenol
- Low-grade fever (less than 101 degrees F) may occur
- Nausea or vomiting is rare but may be a short-term effect of anesthesia. Offer small sips of clear liquids like Sprite, water or apple juice and then gradually increase fluid intake. If pain, nausea or vomiting continues beyond 24 hours, please call our office.

MEDICATION

- Tylenol® may be used on the day of the procedure for pain according to package directions every 6 hours as needed

ACTIVITY

- Child may return to school/regular activity whenever ready, usually shortly after the procedure.

DIET

- Drinking fluids is very important to promote healing
- Try avoiding acidic foods and drinks like orange juice and tomato products for about a week after the procedure