

# Lingual frenectomy (release of tongue tie)

***“Routine Post Operative Instructions following Oral Surgery”*** should be followed, in addition to these special instructions unique to your surgery.

## CONTROL OF POST-OPERATIVE BLEEDING

---

It is normal to see bruising on the floor of the mouth. If bleeding occurs it will be necessary to use gauze and your fingers to apply pressure along the incision line.

## SWELLING AND STIFFNESS

---

It is normal to see swelling of the tongue and on the floor of the mouth. External application of ice may not be effective for this. Sucking on ice chips, popsicles, freezes, ice cream etc. will be more effective in limiting the amount of swelling.

Your tongue needs to be exercised following surgery; touch the tongue to the roof of the mouth, roll your tongue side to side and stick your tongue out as far as you can. Continue with these exercises until the incision is healed.

## SUTURES

---

Self dissolving sutures are routinely used. These will release or dissolve in **1 – 6 weeks**. Loose sutures may be gently removed with tweezers or the long ends can be carefully trimmed.

---

**If you have any questions or problems, do not hesitate to call our office at 454-6565 or 1-800-379-9474.** If your call is not answered by the answering service, hang up and call again in five minutes. We apologize for this inconvenience as the lines may be occupied by other callers. There is an Oral and Maxillofacial Surgeon on call **ALL HOURS OF THE DAY**.

**WE PREFER THAT YOU CALL OUR OFFICE FIRST RATHER THAN YOUR OWN DENTIST OR FAMILY DOCTOR. However, if you are experiencing severe bleeding or breathing problems requiring IMMEDIATE ATTENTION, please proceed to the nearest Emergency Department or Dial 911.**

© Kingsway Oral Surgery 2004