

Post op instructions after Frenectomy:

INFANTS

- Move tongue to the roof of the mouth with your clean fingers
- Massage floor of the mouth or under the tongue
- Massage under the lip where the procedure was done
- Use the given tongue depressor or the finger glove to help you if you need
- Do the stretches and massages till the “white diamond” is completely gone.
- Always use your discretion before giving pain medication. Most of the time children will be more fussy than normal but may not require any medication. Please call us before dispensing any medication to your child.

Body work:

- CST to help muscles in the neck and chest area
- Chiropractic care

FOR OLDER CHILDREN:

- Sweet or sticky on the upper lip to use their tongue to lick it off
- Speech therapy to help with verbal usage and to retrain the muscle

If you have an emergency or need to call Dr. Thomas please contact her on her cell phone: 817 908 8437