

FRENECTOMY / GINGIVECTOMY / BIOPSY AFTERCARE

Day 1 of the procedure: Physical activity (running, biking, weightlifting etc.) the day of the procedure should be avoided since it will increase blood flow to the site and promote post operative bleeding.

Care of the Area: The site is sensitive to movement. **It is essential that you avoid pulling on the cheek or lip to view the area.** If you are concerned give us a call.

Pain: You may have mild discomfort after the freezing wears off. This may last for a day or two. Dr. Johnston will recommend a pain medication that is right for you.

****DO NOT USE aspirin or aspirin compounds that interfere with blood clotting and can result in bleeding problems. (unless these are previously prescribed by your M.D., and is discussed with us first) ****

Swelling: Swelling is sometimes present during the first 4 days following the procedure. To help alleviate this, ice packs may be applied gently to the outside of the face for 10 minutes at a time (wait 10 minutes before reapplying). Use this method as needed. This can be continued 3 to 4 times per day during the first couple of days.

Bleeding: Do not be concerned if traces of blood are noted during the first few days after the procedure. If you have any concerns regarding bleeding, please contact Dr. Johnston.

Cleaning of the area: Meticulous cleaning (Brushing/Flossing/Sulcabrush) in all areas of the mouth **except** the area of the procedure. A prescription rinse (Chlorhexidine) will be used to help keep the site clean since you will not be able to brush or floss the area directly. Gently rinse 2 times a day for 30 seconds a session, with a tablespoon of the chlorhexidine rinse. **Do not rinse with water after using chlorhexidine for at least ½ hour.**

Nutrition: Chew on the opposite side of the mouth. Maintain as close to your normal diet as possible. Try to avoid warm foods and drinks for the first 12 hours. Avoid foods with small bits such as popcorn/grains, also avoid acidic or spicy foods for the next 3 weeks. Do not use a straw to drink fluids. **Do not drink alcoholic beverages for 3 weeks following the procedure.**

Smoking: Do not smoke (tobacco or marijuana) or vape for at least 3 weeks following the procedure as this will impair healing and success of the treatment.