



FRENECTOMY

A frenum is a vertical band of soft tissue between the upper and lower front teeth, which connects the inner aspect of the lip to the gum tissue around the teeth. There is also a frenum between the tongue and gum tissue.

If a high frenal "pull" is observed or the frenum is large in size, consequences which may result include gum recession, gaps between front teeth (i.e. diastemas), and/or asymmetrical gum levels. In these cases, a frenectomy can be performed with a diode laser to remove this soft tissue attachment.

POST-OP INSTRUCTIONS AFTER LASER FRENECTOMY

1. Avoid sharp, spicy, and acidic foods / liquids for the first 72 hours.
2. Post-op discomfort will likely only be mild and can be managed with an over-the-counter(OTC) medication such as Ibuprofen (200 mg). Brand names include Motrin, Advil, and Nuprin.
Take 1-2 tablets every 4 hours as needed.
Maximum adult dose = 3200 mg / 24 hours.
3. A "white soft scab" will appear for the first 7-10 days while the frenectomy site is healing. This is *not* an infection and is simply a covering over the healing soft tissue.
4. Lasers are antibacterial so infection is very unlikely, but feel free to rinse gently with 0.12% Chlorhexidine or dab the rinse onto the surgical site.
5. For the first 24 hours, cold beverages, ice, "freezies", or "popsicles" can be applied gently to the surgical site to help minimize swelling.
6. Brush your teeth normally but be careful not to disrupt the soft tissue while it is healing.
7. About 7-10 days after the frenectomy performed today, a short post-op visit will be necessary to evaluate healing.

BENEFITS OF LASER FRENECTOMY

The benefits of laser frenectomy compared to traditional surgical techniques have been shown in the literature to include:

- Reduced bleeding during surgery with consequent shorter operating time and rapid post-operative control of bleeding, thus eliminating the need for sutures. Improved post-operative comfort and healing.