

## **CARE INSTRUCTIONS FOLLOWING FRENULECTOMY**

**ORAL HYGIENE** – Use light brushing techniques around affected area for today, and thereafter, brush normally.

**PAIN** – If necessary, a medication such as Tylenol or Advil or other non-aspirin containing product can be taken. If anything, the affected area may feel like a pizza burn.

**DIET** – No salty or spicy foods for 48 hours and avoid crunchy and sharp foods (i.e. pretzels, chips, etc) for the same amount of time.

**HEALING PROCESS** – The affected area will take up to 7-10 days to heal. It may look like the area is bruised and the membrane will change to a slight grey/white color. This may look like an infection, but it is a normal part of the healing process.

**NOVA Pediatric Dentistry & Orthodontics**  
**21785 Filigree Court, Suite 208**  
**Ashburn, VA 20147**  
**703.729.7005**