

# CENTRE ORAL & FACIAL SURGERY

GREG KEWITT DMD, MD, FACS

## INSTRUCTIONS FOLLOWING FRENULECTOMY OF THE UPPER LIP

Please read this handout carefully and keep it as a reference for after surgery. Every surgical procedure is different, so not all of the instructions may apply. Common sense will often dictate what you should do. When in doubt, or if you have any questions not addressed below, please do not hesitate to call.

### Wound Care

- Your upper lip will become swollen and sore. **The second and third day is when the swelling will peak. Apply ice** to the face during the first 24 hours after surgery to help reduce swelling and discomfort.
- **Oozing blood from the surgical site overnight is normal.** You may gently place a gauze roll under your upper lip if oozing becomes bothersome.
- Sutures placed inside the mouth usually dissolve and fall out within 5-10 days.
- **Good oral hygiene after surgery is very important.** Brush and floss your teeth as usual but **avoid the area(s) where surgery was performed.** Make every effort to clean your teeth within your range of comfort.
- Gently rinse your mouth with salt water (1/4 teaspoon salt dissolved in 8 ounces of warm water) 2-3 times a day beginning the day after surgery. Avoid vigorous mouth rinsing or use of water picks.
- Eat soft foods and nourishing liquids. Gradually return to your normal diet as tolerated.
- Avoid extremely hot foods, foods with sharp edges (chips, pretzels, etc.), or foods that may lodge in the surgical area (nuts, popcorn, etc).
- **Avoid beverages containing alcohol** for a week after surgery as it can delay wound healing.
- **Do not smoke or use tobacco products.**

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## Medication

Take all medications as prescribed. Take the time to review any drug information provided to you by your pharmacist. It contains detailed information regarding medication side effects and precautions.

**Do not take any below medications if allergic or otherwise advised by a physician.**

**Ibuprofen:** Take 400mg (2 tablets) ibuprofen when you get home with food. Take another dose with the evening meal. The next day, take 400mg of ibuprofen three times a day with food. The prescription pain medication you received may be used to supplement the ibuprofen if needed. Some side effects of ibuprofen include gastrointestinal upset, bleeding, or worsening asthma symptoms. Generally, ibuprofen should be avoided if you regularly take blood thinners such as warfarin, Coumadin, or Plavix. It is recommended to consult with the prescribing physician.

**Narcotic Pain Medication:** **Do not** drive, use power equipment, engage in vigorous physical activity, or attempt to make important decisions if you need to use narcotic pain medication because **it can impair your judgment**. Additionally, pain medication may cause nausea and constipation. Taking the medication with food may reduce the chance of nausea. If you anticipate needing more prescription pain medication for the weekend please note: **telephone calls for narcotic pain prescription renewals are ONLY accepted during office hours.**

**Antibiotics:** The doctor may prescribe antibiotics to help prevent an infection. Complete the entire prescription. Antibiotics can produce several unwanted side effects including **gastrointestinal distress**, loose stools, and, in some rare cases, an **allergic skin reaction**. If you feel that you are having any of these reactions, please call our office.

**Please remember that your follow-up visits are very important.**

**Our 24 hour, 7 days a week contact number is 814-235-7700.**

Our web site, **centreams.com**, has additional information that you may find useful.