

## TONGUE TIE RELEASE POST-OP INSTRUCTIONS

**BLEEDING:** Bleeding after surgery may continue for several hours. For the rest of the day, you should rest quietly with your head elevated above your heart. Gauze will be provided for you to change out as needed. Be sure to apply good pressure to help minimize bleeding. Bleeding should always be evaluated by looking directly at the surgical site. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.

**PAIN:** Some discomfort is normal after surgery. To minimize pain, over the counter medications can be taken as long as you do not have any allergies to them. Take 600-800mg ibuprofen (Motrin, Advil) every 6-8 hours and 500mg acetaminophen (Tylenol) every 4 hours. An example of this is below:

0 hr	4 hr	8 hr	12 hr	16 hr	20 hr	24 hr
Ibuprofen		Ibuprofen		Ibuprofen		Ibuprofen
Tylenol	Tylenol	Tylenol	Tylenol	Tylenol	Tylenol	Tylenol

- All medications should not exceed the recommended dosage. For children, please reference medication bottle for appropriate dosage based on height and weight. It is important to take medication before the local anesthesia wears off.

**SWELLING:** Swelling is the body's normal reaction to surgery and healing. Swelling may not become apparent until the day following surgery and may not reach its peak for 2-3 days. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face for 20 minutes every hour while awake for the first 24-72 hours or as needed for pain relief.

**NUMBNESS:** The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. Sometimes treatment may cause residual numbness or tingling for six weeks or longer.

**BRUSHING:** The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day after surgery. Use a soft bristle toothbrush and toothpaste in the morning, after meals and at bedtime. Avoid the area of surgery for 1 week especially with an electric toothbrush. If you normally use a Waterpik, do not use it for 1 week. Should bleeding resume after brushing, repeat the use of gauze as described above.

**RINSING:** Avoid vigorous rinsing or swishing for 24 hours after extraction. Rinsing can disturb the formation of a healing blood clot which is essential to proper healing. This could cause bleeding. After 24 hours you may begin gentle rinsing with a warm saltwater solution (1/2 teaspoon salt + 8 ounces warm water). DO NOT vigorously rinse. Instead, simply hold the salt water in the surgical area for 30-60 seconds by tilting your head. When going to spit, do so by putting your mouth over a sink and letting the water fall out. DO NOT vigorously spit. Avoid mouthrinses with alcohol.

**ACTIVITY:** For the first 12-24 hours, you should rest and relax with minimal activity.

**EXERCISES:** After your procedure today, there will be some exercises we would like you to perform starting the day following your surgery:

Hold your tongue to the roof of your mouth while keeping your mouth open as wide as you can and hold for 10 seconds. You will need to do this 10 times per day for 10 days (an easy way to remember is **10-10-10**).

## DIET:

- While numb, patients should avoid hot liquids or foods as well as anything hard and crunchy in order to avoid biting areas that are numb.
- For the next **3-4 days** you should maintain a soft food diet:
  - Applesauce
  - Mashed Potatoes
  - Smoothies (no straw)
  - Jell-O
  - Pasta
  - Ice chips
  - Pudding
  - Eggs
  - Increase Diet as Tolerated
  - Popsicles
  - Pancakes
  - Yogurt
  - Creamed Cereals
  - Milkshake (no straw)
  - Soups
- Foods to avoid:
  - Anything hot, spicy
  - Small bits (chips, crackers, nuts, seeds, grains)
  - Carbonated beverages
  - Alcoholic beverages

If you have any questions or concerns, please don't hesitate to call or text our office at **(303) 237-1553**.