



VANI TAKIAR DMD, MA

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Post-Operative Instructions for *Tethered Oral Tissue (TOT) Release*

Today your child had a frenectomy procedure to release a restrictive tethered oral tissue. Frenectomy procedures are important as they enable a significant improvement in oral function and growth.

As the recovery from this frenectomy procedure begins, we request that you please follow these instructions:

1. For the next **24 hours** do **not** let your child:
 - a. Rinse and/or spit
 - b. Drink from a straw
 - c. Put his/her fingers/any objects in his/her mouth
 - d. Do any excessive physical activity/exercise
2. A **soft diet** is recommended for the next 2-3 days (i.e. **milkshake/smoothies, ice cream, jello, pudding, pasta, etc.**). **Avoid** drinking carbonated beverages and eating hard, crunchy or acidic foods (i.e. **soda, potato chips, pretzels, popcorn, orange juice**) that can disrupt the blood clot and get stuck in the socket as it heals.
3. Over the counter pain medicine (i.e. Tylenol or Motrin) may be given at the appropriate dose to eliminate any discomfort.
4. Gentle brushing and flossing are encouraged. At the release site, use a moistened washcloth to cleanse the gum tissue and remove any food debris. Starting **tomorrow**, warm salt water rinses can be done to keep the site clean and to accelerate healing (try to do after each meal).
5. **Starting the next day – exercises:**
 - You will notice white patches forming where the surgical releases were done – this is absolutely normal and will disappear as the tissue heals.
 - **Lip tie stretch**
 - Grasp the lip and lift it up and back towards the nose or down and back towards the chin.
 - Hold this position for at least **three seconds**.
 - Massage along the gum ridge and into the fold of the lip, rub the diamond shape up-down and side-to-side **five times** with moderate pressure.
 - **Tongue tie stretch**
 - Practice consonant starting words that utilize the tongue such as “da-da-da”, “fa-fa-fa”, “ka-ka-ka”, “la-la-la”, “na-na-na” and “ta-ta-ta”
 - Have your child **stand in front of the mirror** and practice:
 - Sticking out as far as possible to the nose, to the left, to the right and down to the chin, hold in each location for 3-5 seconds



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- Place jam/Nutella/peanut butter/icing around the mouth and at the roof of the mouth (at the palate) attempt to lick it off, going to side to side and around the lips in a circle – really trying to stretch the tongue further each time.
 - Lick the back of their molar teeth
 - Rolling/curling the tongue
 - Try having your child read out loud, sing and repeat tongue twisters – listen and remind your child to enunciate, repeating the sounds that are unclear
 - Following these stretching exercises is imperative to prevent reattachment and should be continued up to at least *six weeks* post-procedure.
6. To ensure the best outcome post-frenectomy, it is **highly recommended** to seek the guidance and assistance of other providers who may help to re-establish and improve oral function and range, *i.e.* [speech language pathologist](#), [craniosacral therapist](#), [oromyofunctional therapist](#), [chiropractor](#), *etc.* If you require assistance, we would be happy to provide a referral to our recommended providers.

If you have any questions/concerns, please call the office at [571-799-0559](tel:571-799-0559).