

## **Congratulations you've made it through your tongue/lip/cheek release procedure!**

Now it is time to ensure that release results are maximized. This is accomplished through good wound care and completing the Post Operative Exercises designed to move and stretch the incision area.

**If Post-Op Exercises are not done consistently, the procedure may have to be repeated.**

To gain full function of the tongue, a Myofunctional Treatment Program is essential after the post operative healing period.

## **Wound Care Information**

You should expect some mild swelling, pain, and/or discomfort as a normal process of wound healing.

Pain is often controlled with over-the-counter pain medications, and other symptoms usually self-resolve over the course of 1-2 weeks with proper rest and myofunctional therapy. Possible (but very rare) complications of frenuloplasty may include numbness, failure of procedure, scarring, and injury to adjacent structures which may result in salivary gland dysfunction immediately after the surgery.

**Contact us at any time if you experience any of the following: Severe pain that does not improve with medication, brisk bleeding, severe swelling at the site of surgery, difficulty breathing, fever higher than 102 degrees F (~39 C).**

### **1. Bleeding:**

It is normal to experience some oozing during the first 1-2 days. If steady bleeding occurs, place gauze under the tongue to hold pressure and call Dr. Bunt.

### **2. Swelling and Inflammation:**

It is normal to experience some swelling and inflammation in the first 3-5 days after surgery. Your tongue may feel larger than usual and more painful to move. We recommend using Tylenol and Ibuprofen as needed for mild pain and will give you a prescription for Toradol – a stronger pain medication. We also recommend holistic options such as arnica, turmeric, ginger, and CBD oil.

### **3. Wound Care**

To help with discomfort, you can use topical oral analgesic gel (like Oragel) and gauze. Apply a small amount of gel to the gauze, place on surgical site, and replace as needed every 1-2 hours, up to 4 times daily. At day 7 begin, we recommend brushing the surgical site with a soft Curaprox surgical brush to remove any oral debris. It is not necessary to completely remove the white tissue. As the wound heals, this tissue will begin to contract by around day 7 and continues for approximately a 6-week period.

### **4. Oral Hygiene:**

Please continue brushing teeth as usual. We recommend rinsing with the Peroxyl mouth rinse, or salt water several times a day to keep the wound clean and reduce the risk of infection.

### **5. Food & Drink:**

During the first few days, you may find it helpful to have soft, cool foods. You may find it challenging to consume hot or spicy foods, or foods that require a lot of chewing.

### **6. Myofunctional Therapy Exercises:**

It is essential for your wound healing that you follow the exercises provided by your OMT therapist to ensure that good healing and range of motion for your tongue/lips/cheek is maximized. Exercises begin the day of your procedure.

### **7. Physical Therapy:**

Many patients benefit from fascial massage therapy, craniosacral therapy, osteopathic manipulation, and other forms of physical therapy post-operatively depending on the clinical circumstance.

### **8. Type of Wound Closure: Sutured vs Non-Sutured:**

During the procedure Dr. Bunt will decide whether sutures are needed. The type of closure dictates the type of exercise that are required in the first 3 days following the procedure.

**Non-Sutured Wound:** This wound will resemble the shape of a diamond. The Diamond shape should be kept open as long as possible, healing should be slow so new tissue has time to form. Exercises should begin the day of the surgery Day 0.

**Sutured Wound:** We use absorbable sutures that will usually fall off or dissolve on their own within 3-5 days and sometimes anywhere from 1-10 days after surgery. As the sutures fall out, a white line will form along the suture line. Exercise are performed gently and increase in intensity and variety on day 3.

### **9. Lip and Buccal Ties:**

We recommend that you take it easy the first day. Afterwards, run your tongue around the oral vestibule several times a day.

**For emergencies, call us @ (905) 901-1802 during office hours or text Dr. Bunt directly @ (613) 885-4534 after hours.**

## GENERAL INSTRUCTIONS:

### Day 0 (the day of surgery):

Your tongue may be uncomfortable the day of surgery.

It is essential that you begin to **gently move your tongue** to ensure that the wound does not heal into its original position. Please see the exercises on the Day 0 Program and **start exercises 3-4 hour following surgery**. They should be **repeated every 2-3 hours** on Day 0 as tolerated.

### Days 1-7 Post Surgery:

Your wounds/structures will continue to be tender days 1-3. Continue with pain relief medication as needed.

**Exercises should be completed at least 4-6x per day.**

**Non Sutured Wound Instructions: Follow Exercise Plan 1.**

This plan targets keeping the “diamond” stretched and open. Days 1-3 should be completed gently as demonstrated by your OMT therapist. On Days 4-7 the intensity of manual assisted stretching and active movement can be increased as tolerated.

**Sutured Wound Instructions: Follow Exercise Plan 2.**

This plan targets gentle stretching Days 1-3 to maintain the integrity of the sutures while providing a gentle stretch to the wound. On Days 4-7 the stretching includes gentle manual assisted stretching.

**Lip and Cheek Ties: Follow Exercise Plan 3** along with your tongue-tie exercise program.

### Day 8 (Return to OMT Therapist):

Between Days 5-8 your wound will begin to contract so it is essential that stretching continue.

On **Day 8** please return to your OMT Therapist. At this time your therapist will review/alter your exercise program to optimize the stretching of the wound. The exercises provided should be continue through **Day 21**.

### Day 21 (Return to OMT Therapist):

Although healing will continue through **Day 60**, OMT programming to gain functional movement of your tongue can resume after **Day 21**.

Stretching will be continued but the frequency can be decreased as recommended by your OMT therapist.

## GENERAL SCHEDULE FOR WORK/SCHOOL DAY:

**Session 1:** Pre or Post Breakfast (4-5 Exercises from program)

**Session 2:** Quick Work/ School Stretches (Put Graphic in lunch box)

**Session 3:** Quick Work/ School Stretches (Put Graphic in lunch box)

**Session 4:** After Work/ School (4-5 Exercises from program)

**Session 5:** Evening/before bed (4-5 Exercises from program)

Easy Daily movements that can be done anytime

- Sweep your tongue along your top and bottom teeth from front to back molars.
- Gentle Caves
- Balloon lips (lip/cheek ties)