

South Shore

LONG ISLAND
PERIODONTICS &
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POST-OPERATIVE CARE INSTRUCTIONS **Laser Frenectomy**

1. **Do not brush** the surgical site until instructed to by the doctor.
2. For the first 2-3 days place Vaseline with a Q-tip in the surgical area.
3. Following surgery, there should be minimal bleeding. If bleeding occurs, apply pressure with gauze or a moist tea bag.
4. To minimize swelling, place an ice bag on the affected side of your face, alternating 15 minutes on the face, and 15 minutes off the ice. Ice the area for the rest of the day.
5. For the **first 24 hours**, only consume **soft** and **cold** food. Refrain from biting into any food substances. When eating, place food into mouth carefully on opposite side of surgical area.
6. If you experience any discomfort, take two Tylenol, Advil, or medication we have prescribed. Occasionally, discomfort may first occur as late as several days after surgery.
7. Do not participate in any excessive exercise for the first **48** hours.

If you have any questions or problems, please feel free to contact the office at any time