



Capital District  
Pediatric Dentistry  
*where smiles grow.*

## **LASER PROCEDURE LINGUAL FRENECTOMY (TONGUE-TIE REVISION)**

This procedure uses a laser to remove the thick tissue that connects the tongue to the floor of the mouth. When a laser is used, there is usually minimal bleeding and sutures (stitches) may not be required. It may look like your child has an open, diamond-shaped wound underneath his/her tongue.

### **BLEEDING**

There may be some bleeding in the area where the tissue was removed. Most bleeding will stop after a few hours. You may see more bleeding when your child eats, or brushes his/her teeth. This is normal.

If the bleeding does not seem to stop, or it seems excessive, take a wet tea bag and place it under the tongue. Apply pressure with your fingers and leave on for 20 minutes. Repeat several times if necessary. Do not hesitate to call us if you are concerned.

### **DISCOMFORT**

It is normal to have some sensitivity once the novocaine wears off. The best way to minimize discomfort is to give your child Tylenol, Motrin or Advil before it does. (Novocaine usually lasts 2-3 hours, but varies with each child.) Most children experience mild discomfort for 1-2 days, so plan on giving the over-the-counter pain medications for that long.

### **EATING**

It is okay for your child to eat, but try to avoid hot/spicy foods, hard/sharp foods, and citrus foods. These may cause irritation and sensitivity. You want to give the area a chance to heal. Soft, mild foods are a good choice (pudding, yogurt, applesauce, Jell-O, soup).

### **CONDITIONING THE AREA**

It is a good idea to moisturize the area under the tongue with Vaseline or vitamin E. This can be done 3-4 times a day over the next 2-3 days. It will help facilitate healing. Please note: it is normal for the area under the lip to initially look brownish/red (for 1-2 days), then yellowish/green, and finally pinkish. This is normal in the healing process.

### **EXERCISING THE TONGUE**

After the first day, encourage your child to do some tongue exercises. Have your child practice touching his upper lip with his tongue several times while watching television or reading. If it is too sore, have him/her wait another day and try again. Once he/she can do this without pain, have him/her try to touch his/her nose with the tongue. Continue this for 3-4 days.

### **FOLLOW-UP APPOINTMENT**

We will want to see your child at our office in 1-2 weeks. If you did not make an appointment before you left, please call us to schedule one. This will be a short appointment for the dentist to evaluate your child's healing and answer any questions you might have.

*IF YOUR CHILD HAS SEVERE PAIN, BLEEDING, SWELLING OR A FEVER, PLEASE CALL US SO THAT EXACT INSTRUCTIONS FOR YOUR CHILD'S CARE CAN BE GIVEN.*

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