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## **Frenulectomy pre-op and post-op instructions**

### **Pre-op instructions**

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** If you do eat or drink the morning of the surgery, your surgery will be cancelled.

**Time to arrive:** You will be notified of the time of your surgery 24-48 hours prior to your surgery by the surgery center.

1. **10 days prior to surgery**, DO NOT take any of the following: Motrin, Advil, Aleve, or other anti-inflammatory products; aspirin (unless you have discussed this with Dr. Walker and she has given specific instructions); herbal medications including fish oil, garlic pills and vitamin E; or diet/weight loss medications such as phentermine.
2. If you are currently taking Warfarin, Plavix or Eliquis – please contact the prescribing physician for specific instructions on how to stop taking these medications prior to surgery and re-start these medications after surgery.
3. If you take any medications for the following conditions - blood pressure, seizures, blood clotting disorders, diabetes, or other chronic health conditions, contact our office to obtain instructions on taking these the morning of surgery.
4. If you have a chronic condition and see a specialist for heart, lungs, kidneys, or seizure disorders, you will need to get surgery clearance. It is your responsibility to contact your specialist and provide the clearance confirmation to our office, **at least one week prior** to your surgery.
5. DO NOT consume alcohol or take any tranquilizers or sleeping pills on the day of surgery.
6. Please contact our office if you are sick with a fever over 101 degrees, have nausea, vomiting, diarrhea or a cough, or if you have a change in medications.
7. Bring a list of ALL medications you are allergic to and the reaction it causes.
8. You will need to arrange to have a driver – they will need to be at check-in, stay during your procedure and be able to drive you home after the procedure.

## **Post-op instructions**

Please arrange for a responsible adult, who understands the post-operative instructions to stay with you at least the first night after your surgery. If you have any questions, please contact your physician.

1. **FLUIDS ARE ESSENTIAL!** Drink plenty of fluids to avoid dehydration. Cool fluids will be more soothing to the throat. Avoid acidic juices such as orange, tomato, or grapefruit.
2. A small amount of bloody drainage is expected. If it does occur, try swishing and spitting ice water for 5-10 minutes. If the bleeding does not stop - call our office during regular business hours (Monday - Thursday 8-5 and Friday 8-12). If after hours, go to the emergency room.
3. A white-yellowish scab on the under surface of the tongue is common and will fall off in 5-7 days.
4. There should be minimal pain experienced after surgery. If necessary due to discomfort, take children's Tylenol or Motrin.
5. Hoarseness or a sore throat may occur 1-2 days after the surgery. Gargling with salt water may help relieve these symptoms.
6. You may return to full activity the following day after surgery, if you do not have a fever and are not experiencing any pain.
7. Resume your normal medications, as directed by your physician and/or Dr. Walker.

## **What is abnormal?**

Call our office or your primary care physician immediately if any of the following occur:

1. Bleeding from the nose or mouth.
2. Signs of dehydration – urinating less than twice daily, low energy, fever, dry mucous membranes.
3. Fever greater than 101 degrees.
4. Prolonged nausea or vomiting.
5. Increased pain, not relieved with pain medication.
6. Difficulty breathing.
7. Seizures or convulsions.
8. Metallic taste in mouth.
9. Ringing in ears.
10. Visual disturbances.

**If there are continued problems after three weeks, contact our office to make a follow-up appointment.**