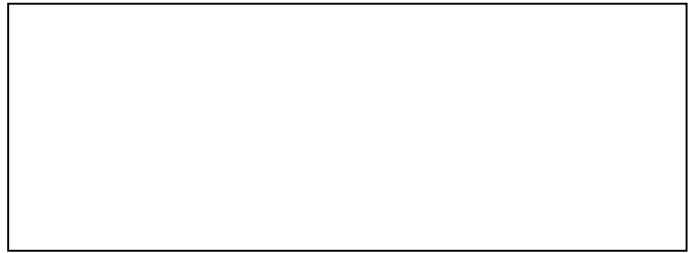


Frenoplasty: Instructions After Surgery

Michael Rothschild, MD
1175 Park Avenue, 1A, NY, NY 10128
(212) 996-2995
www.KidsENT.com



What should I expect after surgery?

Young children may be cranky for several days after this surgery. The sutures under the tongue take a few days to dissolve, and your child may be bothered by them to some degree. However, most children forget about the operation fairly quickly. Just keep them eating and drinking as normally as possible, and use pain medicine as necessary.

What medication is necessary after the surgery?

Tylenol is used for pain relief. Narcotics are rarely needed, as the pain is generally not as significant as with more extensive surgery (such as tonsillectomy). However, if your child is having significant pain, let me know and we can use Tylenol with codeine or a similar medication. Some pain medications can cause bleeding, which can be very serious after this surgery. **Do not give your child anything containing aspirin, Advil, Motrin, or Ibuprofen for two weeks after the operation.**

What should my child eat and drink after the surgery?

There are no specific restrictions on this following frenoplasty. Children can use a bottle right away, and there is no problem with pacifier use either.

Can my child swim, go to school, or engage in other activities?

Once children are feeling better, there is no medical reason to restrict moderate activity. Extreme activities (such as weight lifting or strenuous competition) should be avoided as they may raise the blood pressure and cause bleeding during the two weeks after surgery.

Can my child travel after surgery?

There are no specific restrictions about travel after frenoplasty.

What about follow up?

The follow up visit is three weeks after the surgery. In many cases, this visit is not absolutely necessary. If your child is eating and drinking normally, you may just contact the office where your child was last seen to check and see if you need to come in for a follow up appointment.

Given by : _____ MD / RN

Date: _____