

Tongue-Tie (Lingual Frenectomy) Laser Post-Op Instructions

Thank you for choosing our office. Please follow these instructions to ensure proper healing and the best results.

What to Expect

- Mild soreness or discomfort for a few days. Slight oozing is normal for 24–48 hours
- A white or yellow patch under the tongue is normal healing tissue, not infection
- Swelling may occur, most noticeable around day 3–5

Pain & Swelling

- Take Ibuprofen or Acetaminophen as needed. Use ice chips under the tongue, 20 minutes on and 20 minutes off
- Cold foods like smoothies, yogurt, or ice cream can help

Diet

First 24–48 hours:

- Soft foods only, yogurt, eggs, mashed potatoes, soup
- Avoid hot, spicy, acidic, crunchy foods

After 48 hours: Return to normal diet as tolerated

Oral Care

- Gently apply coconut oil to the surgical area using a clean finger or cotton tip
- Brush normally, avoid surgical area for first 24 hours. No mouthwash for first 24 hours
- After 24 hours, rinse with warm salt water 2–4 times daily

Avoid

- Do not touch or play with the area. No straws for 24 hours
- No smoking or alcohol for 7–10 days. Avoid heavy activity for the first 24 hours

Tongue Exercises (VERY IMPORTANT)

Start same day or next day, unless instructed otherwise. Perform 3–5 times daily for 2–3 weeks

- Stick tongue out fully and hold for 5–10 seconds
- Lift tongue to the roof of mouth. Move tongue side to side
- Lick lips in a circular motion. Press tongue against the roof of mouth

These exercises help prevent reattachment and improve tongue movement

Call Our Office If You Have:

- Heavy bleeding that does not stop. Fever or signs of infection
- Increasing pain after several days. Difficulty swallowing or breathing

Healing Timeline

- 3–7 days, initial healing. 2–3 weeks, tissue continues to heal
- Full improvement depends on consistent exercises

If you have any questions or concerns, please contact our office at **916-726-1819**. We are here to help support your healing and recovery.