



Frenectomy Post-Operative Care Instructions

- Take prescribed pain medication for the first two days even if you don't feel you need it.
- To aid the healing process, perform gentle swishing rinses using a solution of ½ teaspoon salt to 8oz of water. Rinse 3-4 times a day for 60 seconds until the area is healed.
- **No** brushing in the area of the surgery until notified by Dr. Barotz.
- Avoid hot or spicy food and make sure all food is passed to the back of your mouth for chewing. Avoid the surgical area of your mouth as much as possible.
- You will need a 1-week post op check to see how the area is healing. It is important that you do not miss this appointment.

Please call the office with any questions at (303)595-4994.

*If urgent assistance is needed after hours, call (720)280-9158.