

Functional Frenuloplasty

+Myofunctional Therapy

A surgical procedure to release genioglossal myofascial restrictions or tethered oral tissues (tongue, lip, and buccal ties) that may contribute to problems including but not limited to: sleep, breathing, swallowing, speech, posture, impeding normal growth and eruption of teeth, limiting proper lip or tongue mobility, causing gagging, speech or eating problems, causing a periodontal defect in the gingival and bone support, TMJ disorder, migraine headaches.

The success in our practice is based on our ability to provide a complete and effective release of tethered oral tissues with functional frenuloplasty. We use a multidisciplinary protocol that integrates myofunctional therapy (and sometimes physical therapy) both before, and after surgery.

Our technique is based on precision: releasing the appropriate extent of tissues for maximal relief; not too much, and not too little. We follow the clinical research closely and are committed to anything that we can do to promote optimal outcomes after surgery. In addition, we are delighted by the opportunity to share our knowledge and experience to help inspire the field to move towards higher standards in the delivery of tethered oral tissue release surgery.

We are grateful and thank you for your interest in our work.

POST-OP Instructions

After the surgery:

Patients can expect some mild swelling, pain, and or discomfort as a normal process of wound healing. Generally, this is fairly mild and can be controlled with over-the-counter pain medications. Possible (but very rare) complications of frenuloplasty may include anesthesia complications, bleeding, pain, numbness, failure of procedure, voice and swallowing changes, infection, injury to adjacent structures, and scarring.

Immediately after surgery:

- 1. Bleeding:** It is normal to experience some bloody oozing during the first 1-2 days. If steady bleeding occurs, place gauze under the tongue to hold pressure and call Dr. Thorsteinson. If heavy bleeding persists, please go to your local emergency department.
- 2. Wound Care:** You will be prescribed 2% viscous lidocaine and gauze. Apply 5ml (one teaspoon) of lidocaine to the gauze and place on surgical site. Leave the gauze in place for as long as you can for the first 24- 48 hours. Replace the gauze as needed. The wound will usually look white for the first few days, this is normal.
- 3. Pain Medications:** We recommend using Tylenol and/or Ibuprofen as needed for pain. DO NOT TAKE aspirin.
- 4. Food:** There are minimal **food and activity restrictions**. It is advisable for the first 48 hours to avoid any spicy foods, large seeds, crunchy pieces, chips or nachos (they are sharp) or drinks that are acidic (pineapple juice or orange juice per example) other than water or milk.
- 5. Sutures:** We use absorbable sutures that will fall off on their own within a week after surgery. After the sutures come out, we then encourage you to brush the surgical site with a soft toothbrush without toothpaste.
- 6. Oral Hygiene:** We recommend rinsing with salt water and/or alcohol-free mouthwash several times a day to keep the wound clean and reduce the risk of infection. Colloidal silver spray is an excellent antimicrobial option.
- 7. Myofunctional Therapy Exercises:** It is extremely important to perform the stretches and exercises as prescribed by your therapist to obtain the most optimal results. We especially encourage: *waggle spot*, *flat tongue* (aka *puppy tongue*), *skinny tongue* (aka *pointy tongue* or *snake*), *light clicks*, and *caves* (aka *suction*).
- 8. What to expect:** The most common symptoms post treatment are feeling that you have a sore throat, floppy tongue, drool more and posture may feel different. Many find that their neck & shoulders feel different after frenum treatment (they are actually less tense) and posture is more vertical.

Lip and buccal ties: Place a gauze or cotton roll at the wound site for 30 minutes, three times per day for the first 2 days. Be gentle with exercises for the first 3-5 days. Stretching exercises are better than strain.

At any time, call our practice if you experience any of the following:

Severe pain that does not improve with medication, Brisk bleeding, Severe swelling at the site of surgery, Difficulty breathing, Fever higher than 102°F

For emergencies, please call or text Dr. Thorsteinson directly: 404-229-4318.