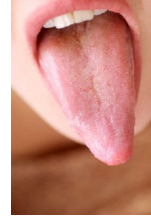




*Phil Macavity says "Just Floss 'Em"*

## POST OPERATIVE INSTRUCTIONS FOR LINGUAL FRENECTOMY



- Begin rinsing with salt water three times a day. Do this immediately. **Do not use chemical mouth washes like Listerine or Scope.** Take a tablespoon of salt and dissolve it in an 8-oz. glass of hot water (not hot enough to burn), and rinse gently in the area of surgery. Repeat this three times a day and use all the water in the glass. It takes fifteen minutes.
- Do not drink any alcohol for a few days. Alcohol may burn and make the area sore.
- Please avoid smoking. The sucking action may disturb the blood clot and the chemicals disturb and delay the healing tissue.
- Eat soft foods. Avoid dry crusty food.
- Take any medications prescribed for you exactly as directed. If you feel ill, or that the medication prescribed is affecting you adversely, please do not hesitate to call my office as soon as possible. We are here to assist you. Do not sit it out on your own. Pain commonly follows dental surgery and is easily controlled by extra strength Tylenol or Advil which should be taken as directed. Do not take aspirin unless the doctor has instructed you to do so.
- Practice protruding your tongue frequently and also pulling it back as far as it will go. Push back and up and down to reach the upper and lower back teeth so that you can clean them. Even though this may sting please keep doing it. It will facilitate increased lingual mobility which has lasting benefits.

**PLEASE FEEL FREE TO CALL THE OFFICE IF ANY PROBLEMS OCCUR.**

**REGULAR BUSINESS HOURS AT 310 275 5379.**

**AFTER OFFICE HOURS AT 323 270 2396 (DR.'s Emergency Number only)**

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