



**Otolaryngology  
Specialists  
of North Texas**

**Pediatric and Adult Ear, Nose, & Throat Specialists**

Gregory N. Rohn, MD  
Bradford A. Gamble, MD

6300 West Parker Road  
Suite G24  
Plano, TX 75093  
**972 378-0633**

7515 Greenville Avenue  
Suite 410  
Dallas, TX 75231  
**214 239-1641**

## POST-OPERATIVE INSTRUCTIONS TONGUE/LIP FRENULECTOMY/FRENULOPLASTY "TONGUE TIE" OR "LIP TIE" SURGERY

**Recovery:** Tongue or lip frenulotomy/frenulectomy/frenuloplasty, when performed in the office has no recovery time. The topical anesthesia that is applied generally subsides over 30 minutes. If done in the operating room, the patient's anesthesia resolves over 30-60 minutes.

**Diet:** There are not dietary restrictions after surgery. The patient is allowed to start liquids within an hour of the procedure. Feeding is just the same as before the procedure (breast/bottle/cup).

### **Instructions/expectations:**

**pain:** There is typically no pain after the procedure.

**oozing:** Some patients will have a small amount bloody mucus in the mouth during the first day.

**sutures:** Sutures are not placed for an office frenulotomy. If the procedure was performed in the operating room, occasionally self-absorbing sutures are placed. These typically fall out during the first week.

**Medications:** No medications are prescribed after this procedure.

**Follow-up appointment:** Typically 1-2 weeks after surgery. Call the office to confirm appointment.