

Surgical Patient Education

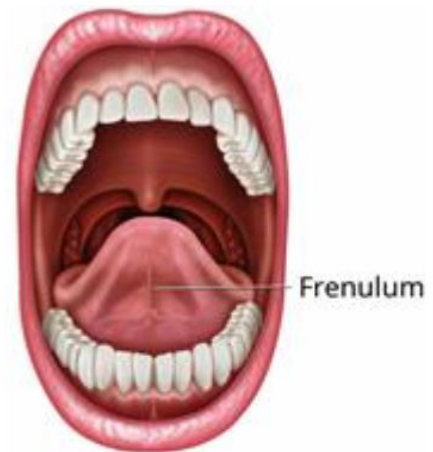
Frenulectomy

What is a Frenulectomy?

A Frenulectomy is a surgery to cut the piece of skin below the tongue

A Frenulectomy is often performed when the tongue attaches too tightly to the base of the mouth.

The surgeon uses a special surgical tool to gently cut this tissue while stopping any bleeding.



What are the Risks?

- **Infection** - Frenulectomy is low risk, but any surgical procedure carries a risk of infection.
- **Bleeding** - There is a risk of bleeding as with all surgical incisions/procedures. This is very low risk with a frenulectomy.
- **Other risks** - Other risks include reattachment, development of a sore under the tongue, or damage to the tongue, but this is rare.

What happens during the procedure?

- You will arrive at the hospital, and you will get an IV.
- Then, you will be taken to the operating room, be placed on monitors and watched closely. You will be put to sleep.
- After you are asleep, your surgeon will put numbing medicine around the area and use a tool to release the tongue from the bottom of the mouth by cutting the tissue.
- You will not have any stitches or suture.
- You will then be taken to the recovery room to wake up and later go back to your pre-operation room to go home.

Before Surgery

- You may be asked to stop certain medications such as aspirin or ibuprofen, be sure to check with your surgeon's office and anesthesia to see what medications to stop.
- You will be asked not to eat or drink the night before surgery, it is important that you follow these instructions.
- Prepare to be off work for 1 day.
- If you are older, recovery can be longer and you can have an increase in pain and soreness.
- You will not be able to drive for 24 hours after surgery. You will need to have someone stay with you for 24 hours and for as long as you require prescription pain medication.

After Surgery

- You will have whitish/pinkish surgical wounds under your tongue.
- Your tongue will be numb for an hour or two after your surgery.
- You may shower and eat right away.
- You may be given a prescription for medication for pain, sometimes this can also be over the counter. It can be important to take the medicine as prescribed and you can take it around the clock for the first two days to get maximum pain control.
- You can have bad breath and white patches to the bottom of the tongue for 2 or more weeks
- Be sure to move your tongue and do exercises to keep from getting reattachment.
- Make sure you are hydrated and drink plenty of fluids to make your urine a light yellow color.

Recovery After an After FESS

How long will I be out of work?

- Prepare to be off work for 1 day.
- The recovery can be up to 2 weeks for a Frenulectomy but this often does not affect going back to work.
- The important part of recovery is to rehydrate and make sure you are eating and drinking well.
- You can have soreness for 2 weeks.