

**S.C.E.N.T.**

Southern California Ear, Nose and Throat  
433 E. Wardlow Rd.  
Long Beach, CA 90807  
Phone: 562.427.0550 Fax: 562.988.8899

**Post-Operative Instructions for  
Frenuloplasty-Release of Tongue Tie****Procedure:**

A piece of the mucosa (skin in the mouth), and sometimes a tight muscle under the tongue, has been realigned to give your child's tongue better movement. A small suture (stitch) was used to repair the area. It will dissolve on its own and will not need to be removed.

**INSTRUCTIONS FOR HOME:**

**Expectations:** Most children have a very little discomfort. Bleeding or swelling is not expected so please call us if either of these problems occurs.

**Diet:** A normal diet may be resumed after discharge

**Activity:** Normal activities may be resumed after discharge

**Medications:** Please give Tylenol if your child experiences discomfort

**DO NOT USE ASPIRIN OR IBUPROFIN PRODUCTS SUCH AS  
ASPERGUN, ALEVE, MOTRIN, OR ADVIL AS THEY CAN  
CONTRIBUTE TO BLEEDING. AVOID SUCH HERBALS AS GINSENG,  
GINGKO, OR GARLIC SUPPLEMENTS**

**Follow-Up:** Schedule the patient for a follow-up appointment in our office 3-6 weeks after surgery.

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at 562.427.0550