



DR. PAIGE PRATHER

LIP-TIE & TONGUE-TIE  
SOLUTIONS

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## **POST-OP Instructions**

### **After the surgery:**

Patient can expect some swelling, pain and/or discomfort as a normal process recovery. Over-the-counter pain medications or other natural methods and recommended to manage discomfort. Ibuprofen usually works better than Acetaminophen and is recommended at least the first day to control pain.

### **Immediately after surgery:**

- 1. Bleeding:** It is normal to experience some bloody oozing during the first 1-2 days. If steady bleeding occurs, place damp gauze at the origin of the bleeding and hold pressure. If it is not controlled in 10-20 min contact the office.
- 2. Pain Medications:** We recommend using ibuprofen or acetaminophen as needed for pain. If you are already taking chronic pain medications, we recommend contacting your doctor about what you can do to manage the added discomfort. Epsom salt rinses can be very helpful during recovery.
- 3. Sutures:** We use absorbable sutures that will dissolve about 7-10 days after surgery. After the sutures come out, we can then encourage you to massage the surgical site with a soft cloth or gauze.
- 4. Oral Hygiene:** We recommend rinsing with salt water and/or alcohol-free mouthwash such as CloSYS several times a day to keep the wound clean and reduce the risk of infection. Colloidal silver spray is an excellent antimicrobial option.

**Myofunctional Therapy Exercises:** It is extremely important to perform the stretches and exercises as prescribed by your therapist to obtain the most optimal results.

**Lip and buccal ties:** Using index fingers in the cheeks pull them all the way out swinging up and down and then grab and lift the upper lip up over nose. Grab lower lip and pull down over chin. Place silicone tube inside lips over revision sites. Close lips together and hold for 5 min. working up to 30 min, three times per day for the first 4 days. Continue these exercises 4 times per day for the next 2 weeks.

**Tongue ties:** Starting day 7, use gauze firmly grasp the tongue gently pulling straight out, then right and left holding for a few seconds in each position. Repeat 4 times per day. You can begin myofunctional therapy exercises right away as directed by your therapist.

Be gentle with exercises for the first 5-7 days.

Stretching exercises are better than straining.

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

Severe pain that does not improve with medication, bright red continuous bleeding, severe swelling at the site of the surgery, difficulty breathing, fever higher than 102

**\*\*In case of emergency call (615) 669-7610\*\***