



Infant Frenectomy (Age 0-1y)

Below is a timeline of what to expect after an infant Solea Laser frenectomy.

Day 1-3

- Begin stretches at the next feed, usually 2-3 hours after the procedure. Refer to the stretching instructions.
- Minor spotting or bleeding is common. If excessive or heavy bleeding occurs, apply pressure with a gauze or cloth for 1 minute. If this does not stop the bleeding, contact your dentist. The area may appear white or yellow as it heals. This is normal. Feeding can be more difficult for the first few days because it takes time for your baby to adjust to their new, freely-moving tongue. Be prepared for pain management. Refer to the post-procedure instructions.

Week 1

- Soreness should improve throughout the week.
- Continue stretching exercises as instructed.
- Minor bleeding is expected after stretching and is not cause for concern.
- Suck patterns and latching (if breastfed) should improve throughout the week. Feeding may be inconsistent but should improve throughout the week.

Week 2-3

- Continue stretching exercises as instructed, even as your child improves.
- You may feel tightening or see minor regression. Do not be concerned with this as it will loosen up again after 3-4 weeks. This is why stretches need to be done for a minimum of 4 weeks to get through any tightening periods.
- Healing should become more visible.

Week 4

- Continue stretching exercises as instructed, even as your child improves.
- Healing should be almost complete.
- Feeding coordination and strength is consistently improving.





Child Frenectomy (3 yrs & older)

Below is a timeline of what to expect after an infant Solea Laser frenectomy.

Day 1-3

- **If no sutures are placed**, begin stretches 2-3 hours after the procedure. Refer to stretching instructions.
- Minor spotting or bleeding is common. If excessive or heavy bleeding occurs, apply pressure with a gauze or cloth for 1 minute. If this does not stop the bleeding, contact your dentist.
- The area may appear white or yellow as it heals. This is normal.
- It is best to avoid foods that can cause discomfort. Examples are hard/crunchy foods like chips; acidic foods like citrus, vinegar, or tomato; and spicy foods.
- Be prepared for pain management. Expect to use medicine for around 48 hours. Refer to the post-procedure instructions.

Week 1

- **If sutures are placed**, begin stretches 3-4 days after the procedure. Refer to the stretching instructions.
- Soreness should improve throughout the week.
- Minor bleeding is expected after stretching and is not cause for concern.

Week 2-3

- Continue stretching exercises as instructed, even as your child improves.
- You may feel tightening or see minor regression. Do not be concerned with this as it will loosen up again after 3-4 weeks. This is why stretches need to be done for a minimum of 4 weeks to get through any tightening periods.
- Healing should become more visible.

Week 4

- Continue stretching exercises as instructed, even as your child improves.
- Healing should be almost complete.

