

# Frenectomy Checklist

by Debug Your Health, September 2017

## Find a Great Practitioner Team:

- Dentist who uses a laser. (Not an oral surgeon who cuts & uses stitches)
- If possible, also find an oral myofunctional therapist (OMT) and osteopath to work with.
- Make sure the practitioners support lots of people through frenectomies. Check with other patients if possible.
- Check reviews on the practitioners - online and offline.

## Pre-Op:

- Exercises to increase mobility, train muscles & thin out the tissue. The [exercises for labial](#) are slightly different than the [exercises for lingual](#) frenectomy.
- Eat well.
- Sleep well.
- De-stress.
- Request days off work. I recommend 2 days off work - the surgery day and the day after. Even better would be to make it a Thursday and Friday so the weekend is off too.
- Osteopathic or other cranial practitioner treatment.
- Order Post-Op Healing Remedy: [Body Mend](#).

## Immediate Post-Op:

- Lightly swish with ozone water, hydrogen peroxide, salt water, or any other anti-microbial twice per day for the first week.
- [Labial Post-Op Exercises](#) or [Lingual Post-Op Exercises](#) starting immediately after surgery. Continue every few hours for the first 2 days.
- Vitamin C - 30g IV drip if possible. If not, then [oral liposomal](#) of 10grams.
- Body Mend - 5-10 drops orally every few hours for the first few days. Then 2x per day for the next 10 days.



### Long-Term Post-Op:

- [Labial Post-Op Exercises](#) or [Lingual Post-Op Exercises](#) twice a day for the next 3 months.
- Osteopathic or other cranial practitioner treatment.
- Revisions. Consider revisions every 6 months. Keep doing exercises to thin out the skin.
- Skin brushing (optional).

