

# Frenectomy Under Local Anaesthetic

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This leaflet is designed to help you understand your upcoming treatment. It answers many common questions, but if you have any additional questions or need further explanation, please ask a member of our team.

## What is a Frenectomy?

A frenectomy involves the removal of a fibrous band of tissue covered with a mucous membrane, which attaches the tongue to the floor of the mouth or the lips to the gums.

## Why Might I Need This Procedure?

**Lingual Frenum:** This connects the underside of the tongue to the floor of the mouth. In some cases, it extends all the way to the tip of the tongue, causing a condition known as "tongue-tie," which can interfere with speech and eating.

**Maxillary Frenum:** This attaches the lip to the gum tissue on the upper jaw just before the two central teeth. If prominent, it can cause a gap between the front teeth, which may lead to the frenum getting caught in the gap.

## What Does Treatment Involve?

A frenectomy involves making a small incision into the fibrous tissue to release the tongue or lip. The area is then stitched back into place with dissolvable stitches. This procedure typically takes about 30 minutes from start to finish.

## What Are the Alternatives?

The alternative is to do nothing, allowing the condition to persist.

## What Are the Potential Risks and Side Effects?

As with any surgical procedure, there are slight risks, which will be explained to you in detail when you sign your consent form. These include:

**Post-operative discomfort:** Similar to having a mouth ulcer.

**Bleeding and infection:** Instructions will be provided after the procedure to help minimize these risks.

## What Are the Expected Benefits of Treatment?

The procedure can:

- reduce oral discomfort
- improve oral hygiene
- improve speech clarity
- enable you to eat properly.

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### Pre-Operative Instructions

**Smoking:** Please avoid smoking for at least 72 hours before your operation to reduce the risk of infection and pain.

**Diet and Medication:** Eat normally before your operation and take your medication as usual.

### Anaesthesia

You will receive a local anaesthetic for the procedure (numbing injection to the area).

### How Will I Feel Afterwards?

Your mouth will be numb for a few hours after the procedure. Please be careful when eating or drinking until the numbness has worn off. There is a risk you may traumatise your lip when the area is still numb.

### How Long Will the Procedure Take?

You can expect to be at the clinic for approximately 40 minutes.

### Post-Operative Care

You will receive both written and verbal instructions on how to care for yourself after the procedure before you leave.

### Will I Need a Follow-Up Appointment?

Typically, you will have a follow up clinical consultation 4-6 weeks after the procedure.

### Returning to Work

The time you need to take off work depends on the nature of your job and the degree of swelling or discomfort you experience. You may need 2 to 3 days off work.

### Consent

Although you will provide consent for this treatment, you can withdraw it at any time. Please discuss any concerns with your medical team.

### Contact Information

If you have any further questions or need assistance, please contact your clinic directly.

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