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POST-OPERATIVE INSTRUCTIONS FOR FRENULOPLASTY

1. An **FRENULOPLASTY** procedure is usually not very painful. Though patients are often given pain medication, many patients can get by with Tylenol alone.
2. Patient can slowly proceed to a **SOFT DIET** by the day after surgery. Most patients are on a soft diet for **1 WEEK** after surgery
3. **STITCHES AND SUTURE USED IS SELF DISSOLVING.** They will dissolve by themselves
4. **AVOID:** aspirin products as these may increase the risk of bleeding.
5. **NO STRENUOUS EXERCISE** or activities are allowed for a two-week period. We recommend no heavy lifting (over 10 lbs.).

IF MEDICATIONS HAVE BEEN CALLED IN TO YOUR PHARMACY, PLEASE PICK THEM UP PRIOR TO SURGERY.

Should you have any additional questions, call us at **904-880-0911**