

Frenectomy under local anaesthetic

This leaflet has been designed to improve your understanding of your forthcoming treatment. It contains answers to many of the most commonly asked questions. If you have any other questions or would like a further explanation, please ask a member of the team in the department.

What is a Frenectomy?

A Frenectomy is the removal of a fibrous band of tissue covered with mucous membrane which attaches the tongue to the floor of the mouth and the lips to gums.

Why would I need this procedure?

The lingual fraenum connects the underside of the tongue to the floor of the mouth and sometimes it can run all the way to the tip of the tongue causing a person to be “tongue tied”. This may cause problems with speech and eating.

The maxillary fraenum attaches the lip to the gum tissue on the upper jaw just before the two central teeth and if it is prominent it can cause a gap between the front teeth. The fraenum can get caught in this gap.

What does treatment involve?

One option for treatment is to carry out a frenectomy. This procedure involves a small cut into the fibrous band of tissue to release the tongue or lip then stitched back into place with dissolvable stitches. This procedure will enable the tongue to move freely. The whole procedure takes about 30 minutes from start to finish.

What are the alternatives?

The alternatives are to do nothing.

What are the potential risks and side effects?

Any surgical procedure carries the slight risks that will be explained when your consent form is written out by the doctor and signed by you. These are:

- Post-operative discomfort, similar to having a mouth ulcer.
- Bleeding and infection.

Instructions will be given to you after the procedure to enable you to minimise these small risks.

What are the expected benefits of treatment?

The benefits of this procedure will be reduced oral discomfort, clearer speech and being able to eat properly.

What should I do before I come into hospital?

- Please avoid smoking for at least 72 hours before your operation to reduce the risk of infection and pain.
- Please eat normally before your operation and take your tablets and medication as usual.

Will I have an anaesthetic?

You will have a local anaesthetic.

How will I feel afterwards?

Your mouth will be numb, and the numbness will take a couple of hours to wear off. Please do not eat or drink until you get your sensation back.

How long will I be in hospital?

Approximately 40 minutes.

What should I do when I go home?

You will be given written and verbal instructions before you go home.

Will I have to come back to hospital?

There will be normally no need for you to return unless the surgeon requests at your appointment.

When can I return to work?

This will depend on the nature of your work and the degree of swelling and discomfort you experience. You may need 2 to 3 days off work.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Who should I contact if I need some more help?

Conquest Hospital:

Maxillofacial Unit - Tel: 0300 131 4500 Ext: 773207

Eastbourne District General Hospital

Maxillofacial and Orthodontic Unit - Tel: 0300 131 4500 Ext: 771756

Out of hours:

In an emergency, go to your nearest Emergency Department (A&E).

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Mr C J Surwald - Maxillofacial Consultant.

Mr M Shastri - Maxillofacial Consultant

The directorate group that have agreed this patient information leaflet:

Diagnostic, Anaesthetic and Surgery - Outpatients

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Responsible Clinician/Author: Julia Cousins, Hannah Williams

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