

After Care for Frenectomy Procedure

- **If the Patient is sedated, please remember that it takes approx. 6 hrs for the Valium to wear-off.**
- **This means monitoring the patient carefully, do not allow any activity that is unsupervised. It is best to try to sleep it off.**
- **The area is numb so please be careful not to bite the lips, tongue, etc.**
- **Eating immediately is allowed as long as it is the consistency that can be swallowed without chewing, ie. Jello, pudding, yogurt...**
- **Avoid brushing for 24 hrs.**
- **Do not eat any hard, crunchy foods that may get under the lip, like Doritos, sandwiches, etc. for one week. Tear food and take to the back to chew instead of biting through with the front teeth.**
- **It is unlikely that the patient will feel any post-op sensitivity or pain but in the event that this should happen, then OTC Motrin or Tylenol is sufficient.**
- **Expect to see very mild dissolved blood on the patient's teeth for the first 24 hrs, as the area is exposed to saliva.**
- **The office will call tomorrow to check in on the patient.**
- **Should you have any questions, don't hesitate to call us...586.323.7201**

THE HISTORY OF THE UNITED STATES

The history of the United States is a complex and multifaceted story that spans centuries. It begins with the early Native American civilizations, such as the Mayans, Aztecs, and Incas, who developed advanced societies in the Americas. The arrival of European explorers in the late 15th century marked the beginning of a new era, as they sought to establish trade routes and colonies. The English, in particular, played a significant role in the development of the United States, starting with the Jamestown colony in 1607. The American Revolution (1775-1783) was a pivotal moment in the nation's history, leading to the birth of the United States as an independent country. The Constitution of 1787 established the framework for the federal government, and the Civil War (1861-1865) resolved the issue of slavery, leading to the Reconstruction era. The 20th century was characterized by rapid technological advancement, the rise of the industrial revolution, and the challenges of the Great Depression and World War II. The Vietnam War and the Civil Rights Movement were also significant events of this period. Today, the United States continues to evolve, facing new challenges and opportunities in the 21st century.