



After Care Wound Management Exercises for Infant Lip / Tongue Tie Release

Upper Lip Wound Management

Place your infant's head in your lap

Actively elevate the lip upward, exposing the entire surgical area

Sweep fingers across surgical area 6 times

Stretch upper lip to get good tissue separation 6 times

Do these finger sweeps and stretches 6 times per day

**It is recommended to never wait more than 6 hours between stretches

**Do this for 3 full weeks. On 4th week, taper from 6x/day to 5, 4, 3, 2, 1 before quitting completely.

Tongue Tie Wound Management

Place your infant's head in your lap (same position as for upper lip exercises)

Peel the tongue away from the floor of the mouth

Do this by placing your index fingers under the tongue into the wound area and pulling the tongue away from the floor of the mouth, exposing the entire surgical site

Sweep one finger back and forth across wound to keep it from sticking together

Do these finger sweeps and stretches 6 times per day

**It is recommended to never wait more than 6 hours between stretches

**Do this for 3 full weeks. On 4th week, taper from 6x/day to 5, 4, 3, 2, 1 before quitting completely.

These exercises will not be comfortable for your infant. However, they are not meant to be forceful. It is not abnormal for a small amount of bleeding to be present during or after the exercises.

**If your baby seems uncomfortable, Children's Tylenol (acetaminophen) can be administered every 4-6 hour as needed. It is not an uncommon practice for parents to dose regularly within the first 72 hours. Remember that proper infant dosage depends on their weight. Consult your physician if you are unsure about which medications are safe for your baby.

Children's Tylenol dosages

Infant over 6 lbs = 1.25 ml

Infant over 12 lbs = 2.5 ml

Infant over 18 lbs = 3.75 ml

Infant over 24 lbs = 5.0 ml

Dr. Peterson adapted his post care exercises from Dr. Bobby Ghaheri (Portland, OR). For a more detailed description of these exercises and helpful videos, visit www.drghaheri.com/aftercare