

Infant Frenectomy Surgical Site Management

Post-Op Instructions for Infant Tongue-Tie Release

Your goal is to have the frenum heal and re-form as far back as possible. You should do the stretches with the baby laying down on your lap facing away from you like during the exam. **Begin doing the stretches the DAY AFTER the procedure.** Gloves or clean hands should be used for stretches.

1. If the lip was released, first put your fingers all the way in the fold of the lip and pull the lip up and out as high as possible so you can see the white diamond and cover the nostrils and hold for 10 seconds. Sweep your fingers across the surgical area 6 times. It may bleed slightly the first few days, this is not a concern.
2. With one or two fingers, lift the tongue up and back just above the white diamond to put tension on the wound and hold for 10 seconds. Sweep one finger back and forth and up and down across the surgical area 6 times to keep it from sticking back together. It may bleed slightly the first few days, this is not a concern.
3. The main issue is to open the “diamond” all the way up on the lip and especially the tongue. If you notice it is becoming tight, then stretch a little more to open it back up.
4. Do these ideally **6 times a day** (do not wait more than 6 hours between stretches)
5. Repeat this for 3 full weeks. On the 4th week, taper from 6x/day to 5, 4, 3, 2, 1 before quitting completely.
6. At other times, play in your child’s mouth a few times a day with clean fingers to avoid causing an oral aversion. Tickle the lips, the gums, or allow your child to suck your finger.
7. Tummy-Time as much as possible. Visit www.TummyTimeMethod.com for helpful tips
8. The released area(s) will form a wet scab after the first day. It will appear white and soft. It may change color to yellow or even green. **This is not infection**, but is just a scab in the mouth. The white / yellow area will get smaller each day lengthwise, but HEALING IS STILL HAPPENING! So even though the white scab will heal you must continue stretching or the new frenum will not be as long as possible and the surgery may need to be repeated. If you have concerns, please contact our office.

You should expect one better feed a day (two better feeds the second day, etc.). Sometimes there’s an immediate difference in feeding, and sometimes it takes a few days. Skin to skin, warm baths, and soothing music can be very beneficial to calm the baby. Follow up with a lactation consultant is critical if nursing and/or bottle-feeding. A bodyworker (chiropractor, CST, etc.) is also very helpful. Ask us for our preferred list of providers!

****If your baby seems uncomfortable, Children’s Tylenol (acetaminophen) or Motrin (ibuprofen - *only if patient is older than 6 months*) can be administered every 4-6 hours as needed. It is not 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

Over 6 lbs = 1.25 ml
Over 12 lbs = 2.5 ml
Over 18 lbs = 3.75 ml
Over 24 lbs = 5.0 ml

Children’s Motrin dosages

****Only if older than 6 months**

12-17 lbs = 1.25 ml
18-23 lbs = 1.875 ml

Some helpful videos of exercises:

www.DrGhaheer.com/aftercare

TongueTieAL.com

For homeopathic pain reliever, some parents will use **Arnica Montana**. The recommended dosage is 30x or 30c tablets. Place 2 tabs in the infant’s cheek to dissolve every 2-4 hours as needed.

If you have any questions/concerns please call our office at 920.336.6594, or Dr. Peterson’s cell at 920.740.8761.