

EXERCISES & STRETCHES

Tip: always do stretches from overhead and with either clean, dry hands or with gloves. You can do exercises before, after or during feeding

Schedule

Day 1

- One stretch before bed

Day 2 - Week 3

- Every 4-6 hours (6 stretches total)
 - When doing 6 stretches per day, do not wait more than 6 hours between stretches; you may need to wake your child up during the night to accomplish this

Week 4

- Week 4, day 1: 6 stretches
- Week 4, day 2: 5 stretches
- Week 4, day 3: 4 stretches
- Continue pattern until 0 stretches are needed

Technique

Cheeks

- Insert one finger into baby's vestibule, or the deepest part of their cheek, on the right or left side
- With gentle, firm pressure, run your finger forward and back for 10 seconds
- Proceed to the other side of baby's mouth
- The goal is to try to loosen the tight cheek muscles to make baby's upper lip and cheeks more flexible

Lip

- 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/yellow diamond
- Cover the nostrils while holding for 10 seconds
- Sweep your fingers across the surgical area 6 times
- Note: it may bleed slightly the first few days; this is not a concern.

Tongue

1. The Forklift

- With two fingers, press directly on each side of the diamond and press the tongue back into the throat, then lift the tongue to the top of the mouth; this will elongate the diamond
- Repeat 10 times

2. Pressure

- With one or two fingers, push the tongue directly on the white diamond straight back into the throat, putting tension on the wound for 10 seconds
- Note: it may bleed slightly the first few days; this is not a concern.

The main goal 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 with more pressure to open it back up.

Dr. Chris and a parent demonstrating overhead positioning for effective stretches



Scan the QR code to view our Youtube video on tongue & lip-tie stretches!



POST-OP INSTRUCTIONS FOR TONGUE/LIP-TIE RELEASES

Days 1-3

- Baby will be most sore for the first few days and discomfort may cause baby to be more fussy
- Expect that baby will cry during exercises/stretchers
- Use Arnica or Tylenol as directed by Dr. Peterson (see Pain Management)
- White/yellow patch will start to form; this is a sign of healing and is not an infection!
- Baby is learning how to use their "new mouth"; therefore, baby may have trouble latching/feeding
- You may notice more saliva and drooling
- Stay in touch with your support team: lactation consultant, speech therapist, chiropractor, etc.

By the End of Week 1

- Discomfort should begin to subside; fussiness may continue
- Baby will still cry during exercises/stretchers, however, it is very important to continue with the proper exercise method and frequency
- Continue pain medications as needed
- White/yellow patch may start to shrink and thicken
- Extra saliva and drooling may continue
- Remain in contact with support team to continue learning "new mouth"

Week 2 through the End of Week 3

- Soreness should be very minimal, if not gone completely
- Continue with exercises/stretchers; baby may still cry but will recover more quickly
- White/yellow patch may disappear completely
- Remain in contact with support team to continue learning "new mouth"
- Should begin to see progress with feeding

Week 4

- White/yellow healing patch should disappear and the new frenum should be taking shape
- Begin to taper off exercises/stretchers

SUGGESTED PAIN MANAGEMENT

Arnica Montana

- Homeopathic pain reliever
- Dosage: 30x or 30c tablets
- Place 2 tablets in the cheek to dissolve every 2-4 hours as needed
- We recommend Hyland's brand

Children's Tylenol

- Can be administered every 4-6 hours as needed
- Please note: proper infant dosage depends on their weight (see below)
- Concentration: 160mg/5mL
 - Over 6lbs = 1.25mL
 - Over 12lbs = 2.5mL
 - Over 18lbs = 3.75mL
 - Over 24lbs = 5.0mL

Children's Motrin

- Should only be administered if **older than 6 months**
- Can give every 6-8 hours
- Concentration: 40mg/mL
 - 12-17lbs = 1.25mL
 - 18-23lbs = 1.875mL

TIPS FOR FEEDING DIFFICULTIES

- Feeding difficulties may not immediately resolve with tie release(s)
- Some infants will need help relearning how to make the mouth work well
- Tongue play and exercises may help

Breastfeeding Infants

- May find being skin-to-skin comforting and easier to self-attach
- Positions like laid-back and straddle (Australian) may also make latching easier
- Offering the breast after a partial feeding with a bottle, cup or finger feeding may help infant make the transition back to breast

Bottle Feeding Infants

- May find smaller, more frequent feedings easier
- You can also try placing the bottle nipple under running hot tap water to soften it
- Some babies may prefer cool bottles as it can be more soothing to irritated tissues

Cup Feeding

- You may need to wrap infant to keep hands out of the way and tuck a cloth under the chin
- Sit infant upright on your lap; never cup feed with infant lying back
- Use a small cup with a smooth edge and fill it 1/2 to 2/3 full with human milk or formula
- Place the cup at infant's lips, then tip until the fluid is just at the edge
- Infant will learn to sip or lap the milk from the cup; never pour the fluid into the infant's mouth

Finger Feeding

- Pour a small cup of milk or formula
- Drawup a small amount into a medicine syringe
- If needed, attach the feeding tube and push the fluid to the end
- Have infant start sucking on your clean finger, then slide the syringe or feeding tube into the corner of the infant's mouth
- Depress the syringe as infant sucks; pause when s/he does

FOLLOW-UP VISIT OPTIONS

1 Week In-Office Visit

- Monday morning or Thursday afternoon
- Included with the release of tissue fee
- 10 minute office visit
- Assessment of healing
- One set of stretches completed

OTHER HELPFUL HINTS

Fussiness & Discomfort

Skin-to-Skin Contact

- Try extra skin-to-skin contact
- This causes increased levels of oxytocin, helping to decrease pain and improve latch with self-attachment

Frozen Breast Milk

- Place a baggie of breast milk flat in the freezer
- Once frozen, chip small pieces of milk off and place in painful areas of the mouth

Pain Management

- Give as directed from page 2, Suggested Pain Management

Nursing

- You may notice that your baby wants to nurse more often for comfort

*****Please call if baby has a fever of 101.5 or higher, uncontrollable bleeding or refusal to feed for over 8 hours!**

Sleep

- You may notice your baby sleeping more; this could be from exhaustion, pain medication, or they could be more content after feedings
- Your baby's sleep schedule may be disrupted due to discomfort while healing

Exercises/Stretches

- It is ideal to do stretches with 2 people while baby is swaddled
- You may experience some bleeding during exercises and that is okay!
- It may be helpful to wear a headlight for a better view of the mouth

THANK YOU!

Thank you for placing your trust in us to care for your little one! We pride ourselves in educating new parents and making sure they feel comfortable with our process. We sincerely wish you and your baby all the best and we hope for a quick and easy recovery. Please do not hesitate to contact us with any questions or concerns you may have!

De Pere Smiles: 920-336-6594
Dr. Peterson's Cell: 920-740-8761

Please note: we also offer dental services and we would love to see you and your little one back at our office. We are currently accepting new patients of all ages!

STRETCHES LOG

Day 1 (day of procedure): one stretch to each site at bedtime

Day 2 - end of week 3: 6 stretches in 24 hours (roughly every 4 hours but do not exceed 6 hours between stretches)

Week 4: begin to taper off (w4, d1: 6x/day; w4, d2: 5x/day, etc.)

W E E K 1	Day 1	1	completed at bedtime				
	Day 2	1	2	3	4	5	6
	Day 3	1	2	3	4	5	6
	Day 4	1	2	3	4	5	6
	Day 5	1	2	3	4	5	6
	Day 6	1	2	3	4	5	6
	Day 7	1	2	3	4	5	6
W E E K 2	Day 1	1	2	3	4	5	6
	Day 2	1	2	3	4	5	6
	Day 3	1	2	3	4	5	6
	Day 4	1	2	3	4	5	6
	Day 5	1	2	3	4	5	6
	Day 6	1	2	3	4	5	6
	Day 7	1	2	3	4	5	6
W E E K 3	Day 1	1	2	3	4	5	6
	Day 2	1	2	3	4	5	6
	Day 3	1	2	3	4	5	6
	Day 4	1	2	3	4	5	6
	Day 5	1	2	3	4	5	6
	Day 6	1	2	3	4	5	6
	Day 7	1	2	3	4	5	6
W E E K 4	Day 1	1	2	3	4	5	6
	Day 2	1	2	3	4	5	
	Day 3	1	2	3	4		
	Day 4	1	2	3			
	Day 5	1	2				
	Day 6	1					
	Day 7	Continue stretches as needed					

Stretches are stressful! Join our Facebook group to find support & guidance with other families going through the same experience as your family!



Use the QR code or find us on Facebook!
De Pere Smiles | After Release Support