



POST-OP INSTRUCTIONS FOR FRENECTOMY-Child

Begin doing the stretches the DAY AFTER the procedure. Gloves (preferred) or clean hands with nails trimmed should be used for stretches. You will need bright ambient light.

Lingual Frenectomy (tongue-tie):

Your goal is to have the frenum heal and re-form as far back as possible.

1. Insert both index fingers under the tongue with fingertips pressed together. Aim at the top of the diamond. Use middle fingers to help push the chin down and anchor thumbs to the forehead. Try to pick-up the tongue as high as possible [toward the roof of the mouth]. Hold it and press gently but firmly against the wound to massage it in an up-and-down and side-to-side motion, keeping the diamond open. Repeat this process three-times per stretching session. The wound may bleed slightly when this is done, but this is not a concern. Try to make a game of it, if possible, and keep it playful. Repeat wound-care sessions as many as six-times/ day or as little as four-times/ day for four weeks.
2. Encourage the child to move the tongue as much as possible - sticking it out and holding for ten seconds, out to the left, right, open wide and lift upward. Encourage the child to make clicking noises and clean off the teeth. Do these exercises as often as possible, but try for at least four-times a day.
3. The released area will form a wet scab after the first day. It will appear white or yellow and soft because it is wet. This area is what you will be pressing against. The healing will be happening under the scab just like a scrape anywhere else on your body. The white area will get smaller each day, but healing is still happening! You **MUST** continue the stretching or the new frenum will not be as long as possible, and the procedure may need to be repeated.

Labial Frenum (lip-tie):

The goal is for the frenum to heal and re-form as high as possible.

1. Put your fingers in the fold of the lip and pull the lip up and forward as high as possible, high enough to press against the nose. You want to see the whole white diamond open. Press gently but firmly against the wound to massage it in an up-and-down and side-to-side motion, keeping the diamond open. Repeat this process three-times per stretching session. It may bleed slightly when this is done, but this is not a concern. Try to make a game of it, if possible, and keep it playful.

2. Repeat this as many as six-times/ day or as little as four-times/ day for four weeks.
3. The released area will form a wet scab after the first day. It will appear white or yellow and soft because it is wet. This area is what you will be pressing against. The healing will be happening under the scab, just like a scrape anywhere else on your body. The white area will get smaller each day, but healing is still happening! You MUST continue the stretching or the new frenum will not be as long as possible, and the procedure may need to be repeated.

The child can eat whatever foods are tolerated. Pain relief is needed the first few days.

How to use Arnica Montana:

Add 15 pellets to a dropper bottle. Fill the dropper bottle with 3 oz. of water and dissolve. Use 10 - 15 drops total per stretching sessions to preventatively modulate pain. Discard the solution after four days.

Give Motrin (ibuprofen) or Tylenol as directed on the package based on weight. If the lip-tie was released, the child's lip may swell slightly that evening or the next day. It is normal and will go down after a day or two. The wound will be sore for a few days but will look much better at one week and almost normal at two weeks. A slight fever can be expected the first day. Children should eat and sleep as normal. If you're concerned that the tie is growing back together, come back for a visit or email a picture. Follow-up with a myofunctional therapist and bodyworker (Chiropractor, CST) is recommended for full rehabilitation.

If you have any questions, please call us at 847-728-0030.

Or:

Dr. Suzy's cell at 847-769-1595.

Dr. Risa's cell at 219-718-0615.