



## **POST-OP INSTRUCTIONS FOR FRENECTOMY -Infant**

You should do the stretches with the baby laying down on a bed or couch facing away from you, like during the exam. Please follow-up within 2-3 days. **Begin doing the stretches the DAY AFTER the procedure.** Gloves (preferred) or clean hands with nails trimmed should be used for the stretches. You will need a swaddle and 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. 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.
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.

**Follow up with a lactation consultant is critical. Babies may also benefit from visiting a feeding therapist or bodyworker (chiropractor, CST, etc.). Please let our team know if you are in need of provider referrals. You should expect one better feed per day (two better feeds the second day, etc.). Sometimes there's an immediate difference in feeding, but it can take a few days. Skin to skin, warm baths and soothing music can be very beneficial to calm the baby.**

**Pain relief is needed the first few days. Breast milk can be given, either in ice cube form or crushed.**

**How to use Arnica Montana:**

**Add 15 pellets to a bottle. Fill the bottle with 3 oz. of breast milk or nursery water and dissolve. Use 10 - 15 drops total per stretching session to preventatively modulate pain. Discard the solution after four days.**

**Give CHILDREN'S TYLENOL (160mg / 5mL) as needed for the next two-three days every 4-6 hours. If your baby is refusing to nurse or seems to be in pain, please make sure the Tylenol dose is correct.**

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.