



Frenectomy Post-Operative Instructions for Infant

It is essential that you follow-up with your lactation consultant after the procedure to ensure optimal results. It is also recommended to follow-up with a body worker that is experienced with babies for optimal results.

It is normal for swelling to occur in the lasered areas. This will usually go down after about a day and a half. A small amount of spotting or bleeding is common after the procedure, especially in the first few days. If the lip is bumped, the area may bleed again.

The baby can be fussy the afternoon and evening following the procedure and may not nurse as much. The fussiness can last up to 3-4 days. This is normal and will subside. Skin to skin contact and warm baths with mom can help.

You may use Baby Acetaminophen (Tylenol) according to weight and dosage on label (these dosages are based on 160mg/5mL formulation):

| | |
|-----------|--------|
| 6-11 lbs | 1.25mL |
| 12-17 lbs | 2.5mL |
| 18-23 lbs | 3.75mL |

If baby is 6 months or older, you may use Infant Motrin according to weight and dosage on label (these dosages are based on 50mg/1.25mL formulation):

| | |
|-----------|---------|
| 12-17 lbs | 1.25mL |
| 18-23 lbs | 1.875mL |

Arnica is also recommended during the first 2 weeks (or longer if you choose). The method to mix and administer the Arnica is as follows:

- Take 4-5 pellets of Arnica and dissolve in 1-2 oz of breastmilk in an eyedropper bottle.
- Give 1-2 drops after doing stretches for the 2 weeks following the procedure.
- You may also give 1-2 drops as often as every 15 minutes if the baby seems upset or uncomfortable.

un.tied

lip & tongue tie release

Reasoning for Stretches:

There are two important concepts to understand about oral wounds:

1. Any open oral wound likes to contract towards the center of that wound as it is healing (hence the need to keep it open).
2. If you have two raw surfaces in the mouth in close proximity, they want to reattach.

Post-procedure stretches are key to getting an optimal result. These stretches are NOT meant to be forceful or prolonged. It's best to be quick and precise with your movements.

General Tips:

- Start stretches approximately 6-8 hours after procedure.
- Perform stretches every 4 hours, even at night.
- Stretches must be continued for at least 3-4 weeks and can only be stopped once the wound site looks the same as the rest of the mouth. This is usually between 4-6 weeks for the tongue and 3-5 weeks for the lip.
- All of the stretches should not take more than 30-45 seconds total.

Tongue Stretches:

- Baby lays down with feet going away from you.
- Place two fingers on either side of the tongue like a forklift. Lift tongue towards throat; you should see the diamond wound stretch. Hold for 2-5 seconds.
- Place the index finger on the border of the top corner of the diamond shaped wound and pulse toward the back of the throat 5 times.
- Ensure that when the tongue is lifted toward the back of the throat, that you can see the full stretched out diamond shape (this will ensure that you are stretching far enough).
- Run finger along top and bottom gum line side to side; the tongue will follow your finger.

Lip Stretches:

- Lift the upper lip towards nostrils until it bumps into resistance. Hold it for 1-2 seconds.
- Glide your finger side to side between the gums and the lip, where the release was done, back and forth 2 times.

Text or call Dr. Bower with any questions or concerns at 480-372-1611.