

FRENECTOMY POST-OP INSTRUCTIONS

INFANTS

TONGUE AND LIP TIE RELEASE: The goal is for the area to heal and allow the best movement possible.

STRETCHES

If your child's release is in the early morning, begin stretches that night. If the release is later in the day, begin stretches the next day. Do stretches with your baby lying down and facing away from you. Repeat exercises three times a day for four weeks or as instructed.

- With clean or gloved hands and nails trimmed short, use your non-dominant thumb to push down on the lower gum pad and hold the mouth open. With one index finger, push down right behind the gum pad on the floor of the mouth, then slowly and firmly move up and down along the wound to place tension on the area for a few seconds. Repeat three times. Slight bleeding may occur during the first day or two and is not a concern. The goal is to open and see the “diamond” on the lip and tongue. If you notice the area becoming tight, stretch or push a little more to open it back up.
- If the lip or cheeks were also released, place your fingers fully into the fold of the lip or cheek and pull up and out as high as possible until you see the white diamond or diamonds open. Gently but firmly push directly on the area, in and up. **Slight bleeding may occur. If you notice bleeding that is concerning, call the office at 940 277 8760 or seek medical attention.**
- Play in your child's mouth a few times a day with clean fingers to help avoid oral aversion. Tickle the lips or gums, or allow your child to suck on your finger.

ADDITIONAL INFORMATION

- After the first day, the treated area will form a wet scab that may look white or yellow and soft. This is normal and not an infection. This is the area you will stretch. Healing happens under the scab, and the white area will get smaller each day. **Continue stretching even after the scab is gone. Stopping too soon can cause the frenum to heal too short, and the procedure may need to be repeated.**
- If nursing, follow up with a lactation specialist may be necessary. Bottle feeding babies will benefit from visiting a feeding therapist. You should expect one better feed per day, with two better feeds on the second day, and so on. Sometimes there is an immediate difference in feeding, and sometimes it takes a few days to weeks. Skin to skin contact, warm baths, and soothing music can be very beneficial in calming the baby.

Give Tylenol for pain when you get home and as needed for the next two to three days. Follow the dosage instructions on the label. A slight fever is normal on the first day. If your baby refuses to nurse or seems uncomfortable, check that the Tylenol dosage is correct and use an alternate method to give milk, such as a bottle, syringe, or cup.

Call the office at 940-277-8760 with any questions or concerns during office hours.
Dr. Phan can be reached after hours at 817-691-8133. For emergencies, call 911.