

FRENECTOMY POST OPERATIVE INSTRUCTIONS

Some infants and children appear to experience some discomfort for the first 1-2 days after procedure. Normal healing under the tongue or lip will appear as a white fibrin covering. Infection may appear as swelling and/or dark red coloring around edges of site. You may use Tylenol, Ibuprofen (if 6 months of age or older), Arnica, Rescue Remedy or other measures to help with pain control. Coconut oil is also helpful due to its antibacterial properties.



WOUND CARE MANAGEMENT

STRETCHING EXERCISES AFTER LIP AND TONGUE TIE RELEASE HELP TO REDUCE THE RISK OF REATTACHMENT AND THE NEED FOR FURTHER PROCEDURES.

Before starting the stretching exercises, make sure that your hands are clean. Wash hands with soap and water. (Do not use any alcohol based hand cleansers)

To stretch the lip, pull the lip out and up towards the nose 1-2 times and sweep finger from side to side for 1-2 seconds 5 times a day for 3-4 weeks. The main goal is to insert your finger between the lip and gums so they do not stick together.

For the tongue, lay child down somewhere it will be easy for you to stand or sit behind child. Place one finger on either side of incision, pull straight backwards until you feel a mild stretch and hold for approximately 1-2 seconds. Make sure fingers are deep enough (pushing past the diamond) before pulling back. The main goal is to unfold the diamond so that it is almost flat (this is the first place that will reattach). Minimal bleeding is normal first few days of stretches if done correctly. Stretches should be done 5 times a day for 3-4 weeks.

First stretch should be done at dinner time same day as procedure, then start the 5 stretches the following day for 3-4 weeks.

For older children avoid citrus based foods (ketchup, orange juice, etc.) as this may sting the area.

IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CALL THE OFFICE 720- 507-0077

JESSE R. WITKOFF, D.D.S.

HERE ARE A COUPLE WEBSITES TO HELP WITH WOUND CARE MANAGEMENT

www.drghaheri.com
www.lunalactation.com