

## FRENECTOMY POST OPERATIVE INSTRUCTIONS



*Photo of properly healing tongue tie release*

It is not uncommon for infants and children to experience some discomfort in the first 48 hours after the frenectomy. It is important to stay on top of the pain management during this time. For infants under 6 months, you may dose with Tylenol at the dosage we gave you. Over 6 months you may use Ibuprofen, which we find works better. Follow the dosing directions on the label unless we have given you more specific dosing. Some infants may be inconsolable initially. Again, make sure that you have given the appropriate dose of Tylenol or Ibuprofen. Other suggestions are 1) if you have any frozen breast milk, you can break chips off and let your child suck on them. The coolness will help soothe and numb the area 2) skin to skin contact. 3) homeopathic remedies such as Arnica and Rescue Remedy.

**Normal healing:** In a moist environment, like under the tongue or lip, the tissue will appear as a white fibrin covering. If your baby is jaundiced, it may appear as neon yellow or orange. These are not infection and will go away in about 2 weeks. Some infants experience some localized inflammation immediately around the wound area. This may appear as a dark red coloring around the edges of the site. This is self-limiting and will go away within a week or two. Infection would appear as a dark red coloring around the site, often involving swelling, and may be sensitive to the touch.

**IT IS CRITICAL TO DO THE ACTIVE WOUND CARE (AWC) OR STRETCHING EXERCISES AS OUTLINED TO PREVENT REATTACHMENT OR CONTRACTION OF THE SOFT TISSUES WHICH MAY CAUSE THE NEED FOR FURTHER PROCEDURES.**

Before starting the stretching exercises, or AWC, make sure that your hands are clean. Wash hands with soap and water. Do NOT use any alcohol-based hand cleansers. You may also use gloves.

Lay your child down on a changing table or high bed or somewhere it will be easy to sit or stand behind them. To stretch the lip, place both index fingers under the lip and sweep finger from side to side for 5 seconds. Then place your fingers at the base of the wound and lift upward and outward and hold for 5 seconds. Do these 5 times per day.

To stretch the tongue, rub your finger around the gum ridge and let your child's tongue follow your finger. Then gently massage the floor of the mouth. These will help your child acclimate to your being in their mouth. Then, place both index fingers right on top of the wound where the floor of the mouth and the tongue meet. Then, pull backward until you feel a little stretch. It should be a little uncomfortable but not painful. Hold this for 5 seconds. Do these 5 times per day. 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 for the first few days.

The first stretch will be done in the evening of the day of the procedure. Then start the 5 times per day the next and continue for 3 weeks. The 1<sup>st</sup> 48 hours is the toughest time and up to 1 week after...then it will become progressively easier.

For older children and adults, avoid citrus based foods (ketchup, orange juice, etc.) for the first 2 days as it may sting the area.

If you have any questions or concerns, please call the office at 720-507-0077 or Dr. Jesse at 303-913-9172.

**PLEASE FOLLOW UP WITH YOUR LACTATION CONSULTANT AFTER THE PROCEDURE IS COMPLETED.**