

aftercare instructions infants under 2

Thank you for choosing Clarksville Tongue Tie Center for your infant's care on the road to the best start possible. We believe today's procedure is a significant step in the right direction to improve the life of your infant in many ways. While you can find more information on our website or digital channels, this document has most of the necessary information you need to care for your infant over the next few days.

what to expect

In general, the procedure is very well tolerated by infants. We take every measure to ensure that discomfort and stress are minimized during the procedure.

1. *Crying and fussiness are common during the procedure and initially after. Some infants bounce right back into their routines and others may remain fussy for a day or two.*
2. *Remember, all babies are different and some may need a little extra time adjusting to the new sensations or movement.*
3. *It is very important to stay connected to your team including your lactation consultant, feeding specialist, chiropractor, and primary care provider.*
4. *We do not automatically schedule follow up visits because healing complications are so rare; however, we are happy to see your baby at any time following the procedure if you have any questions, concerns, or just want a checkup.*

managing discomfort

The best source of comfort for your infant following the procedure is breastfeeding and the normal methods you use to soothe your crying child.

We encourage skin to skin contact and playing soothing music. Additionally, cold breast milk in a dropper, placed on the wound, can be very soothing.

If your child begins to go some length of time avoiding feeding, then it may be recommended to introduce Tylenol as a source of pain management. Consult your pediatrician for dosing requirements using the chart below:

Infants 6-11 lbs.	Infants 12-17 lbs.	Infants 18-23 lbs.	Infants 24-35 lbs.
1.25mL	2.5 mL	3.75 mL	5 mL

For infants under 2 months, please consult your pediatrician. Please note that ibuprofen (Motrin or Advil) should NOT be used for babies under 6 months.

Please consult your primary care provider for homeopathic remedies. We have heard positive results with some of these types of products; however, it's important to get an expert opinion with your infant's comprehensive medical history in mind. Products containing Benzocaine (i.e. Baby Orajel) should not be used due to health risks in young children. One of the many benefits of using the CO2 laser for this procedure is that minimal bleeding occurs; however, the area treated by the laser causes an ulcer-like wound that will need time to heal. This is why you may see a white colored area where the laser was used.

important concepts to understand

We believe that post-procedure stretches are essential in achieving an optimal result. These stretches are NOT meant to be forceful or prolonged. Your baby may be upset or uncomfortable during stretches; however, it is important to complete the stretches properly and as instructed.

Main Complication: *The mouth heals so quickly that it may prematurely reattach at either the tongue site or lip site, causing a new limitation in mobility and the persistence or return of symptoms.*

A small amount of spotting or bleeding is common after the procedure as the site heals, especially in the first few days; however, in using a CO2 laser, the bleeding is minimized. Be sure to wash your hands well prior to lifts. Avoid having long nails or gloves.

You can contact us during business hours by phone or after hours and on the weekends through Facebook Messenger on the Clarksville Tongue Tie Center page.

recommended stretching schedule

If you have a lactation consultant or feeding specialist as a part of your team, you should follow their recommended course of stretching exercises.

Our baseline recommendation for performing the stretches:

5-6 Times Per Day | 5-6 Seconds Per Site | 3-4 Weeks

It may be easiest to do the stretching exercises when your baby is already crying. Crying during stretches is normal and to be expected. You may see minimal bleeding, but this should not be prolonged or excessive.

You can find videos about stretching on our website, Clarksville Tongue Tie Center digital channels, or on the YouTube platform with instructions from different providers across the country.