

POST-OP INSTRUCTIONS FOR INFANT TONGUE- TIE RELEASE

Your goal is to have the frenum heal and re-form as far back as possible. You should do the stretches with the baby laying down on the bed or couch facing away from you like during the exam. **Begin doing the stretches the DAY OF the procedure.** Gloves (preferred) or clean hands with nails trimmed should be used for stretches. Vitamin E oil can be placed on the site to help with healing.

1. If the lip was revised, first put your fingers all the way in the fold of the lip and pull the lip up and out as high as possible (lipstick to nose, not mustache to nose). You should see the “white diamond” and the lip should cover the nostrils. It may bleed slightly the first day or two, this is normal, the vitamin E oil can help prevent bleeding.
2. With two fingers, lift the tongue up and back with a finger on either side of the healing diamond with a sliding motion from the base of the tongue upwards towards the tip, to put tension on the wound and hold for 10 seconds with firm pressure or repeat 10 lifts of the tongue. *(2 lb of pressure on a kitchen scale)*
3. The main goal is to open and lengthen the “diamond” all the way up on the lip and the tongue. If you notice it is becoming tight, then you should stretch a little more to open it back up.
4. Repeat this (ideally) 10 times a day in sets of 10 (100 total stretches)
5. Repeat this for 2 weeks.
6. At other times, play in your child’s mouth a few times a day with clean fingers to avoid causing an oral aversion. Tickle the lips, the gums, or allow your child to suck your finger.
7. Tummy- Time as much as possible if the child is of age and ready. Visit www.TummyTimeMethod.com for helpful tips.
8. The release area will form a wet scab after 72 hours. It will appear yellow and soft. It may change color to white. This is not an infection; it is a scab in the mouth. The white/ yellow area will get smaller each day, this is normal HEALING! After the appearance of lesion changing to normal color, you must continue the stretches to avoid reattachment. In some cases when stretching isn’t performed daily, the surgery may need to be repeated.
9. *** Please follow -up within 7-10 days.

Follow up with a lactation consultant if nursing. Bottle-Feeding babies will benefit from visiting a lactation consultant or feeding therapist. A bodyworker (Chiropractor, Myofascial Therapist, Physical Therapist) is also very helpful and highly recommended to aide in adequate healing. You should expect one better feed a day (two better feeds the second day, etc.) Sometimes there’s an immediate difference in feeding, and sometimes it takes a few days. Skin to skin, warm baths, and soothing music can be very beneficial to calm the baby.

For pain make sure to give INFANTS’ TYLENOL (160mg/ 5mL) starting WHEN YOU GET HOME and for the next 2-3 days every 4-6 hours as needed. For babies who weight 6lbs give 40 mg or 1.25mL, 7lb give 1.5mL, 8lb give 1.75mL, 9 lb give 2mL, 10lb give 2.25 and 11lb give 2.25ml. Babies 12-14lb can have 80 mg or 2.5mL, 15-17lb give 3mL. if your child is 6mo old and 12-17lbs, you can give infants’ Motrin (ibuprofen) at 1.25mL (50mg). If your baby is refusing to nurse or seems to be in pain, please make sure the Tylenol dose is correct. The area will be sore for a few days, at one week appear much better, and at two weeks look almost normal.

If you have any concerns or questions, please do not hesitate to call or text us at 228- 374-8175