

POST-OP INSTRUCTIONS FOR INFANT FRENECTOMY

I feel that post-procedure stretches are key to getting optimal result. These stretches are NOT meant to be forceful or prolonged. It's best to be quick and precise with your movements.

The main risk of a frenectomy is that the mouth heals so quickly that it may prematurely reattach at either the tongue site or the lip site, causing a new limitation in mobility and the persistence or return of symptoms. The exercises are best done with the baby placed in your lap (or lying on a bed) with their feet away from you.

Lingual Frenum (under the tongue):

Your goal is to have the frenum heal and re-form as far back as possible.

1. With a clean finger, stretch and lift under the tongue and sweep side to side across the middle (diamond), 3 times. It may bleed slightly the first day or two, this is not a concern. Begin doing this the evening of the day of treatment.
2. Repeat this 6 times a day, at various times during the day.
3. Repeat this for 3 weeks.
4. The released area will form a wet scab after the first day. It will appear white and soft because it is wet. This is nature's "bandaid". This is what you will be pressing against. The healing will be happening under the scab, just like a scrape anywhere else on your body. The white area will get smaller each day, but the HEALING IS STILL HAPPENING! So even though the white scab will heal you MUST continue the stretching or the new frenum will not be as long as possible and the surgery will need to be repeated.

Labial Frenum (under the lip):

1. Pull the lip up as high as possible, high enough to press against the nose. Tug it side to side 3 times. It may bleed slightly the first day or two, this is not a concern.
2. Repeat 6 times a day, at various times during the day.
3. Repeat for 3 weeks.
4. The released area will form a wet scab after the first day. It will appear white and soft because it is wet. This is nature's "bandaid". This is what you will be pressing against. The healing will be happening under the scab, just like a scrape anywhere else on your body. The white area will get smaller each day, but HEALING IS STILL HAPPENING! So even though the white scab will heal you MUST continue the stretching or the new frenum will not be as long as possible and the surgery will need to be repeated.

Sucking Exercises

It is important to remember that you need to show your child that not everything you are going to do to the mouth is associated with pain. Additionally, babies can have disorganized or weak sucking patterns that can benefit from exercises. The following exercises are simple and can be done to improve suck quality.

1. Slowly rub the lower gum line from side to side and your baby's tongue will follow your finger. This will help strengthen the lateral movements of the tongue.
2. Let your child suck on your finger and do a tug-of-war, slowly trying to pull your finger out while they try to suck it back in. This strengthens the tongue itself.
3. Let your child suck your finger and apply gentle pressure to the palate, and then roll your finger over and gently press down on the tongue and stroke the middle of the tongue.

If solid foods are being eaten, avoid crispy, spicy foods for two days. No other treatment is necessary. If you suspect there is discomfort, give Tylenol as directed on the package. Arnica tablets – place one under the tongue or inside the cheek, it dissolves very fast. Every 2-3 hours.

It is essential that you follow-up with your lactation consultant after the procedure to ensure optimal results. Additional resources for bodywork and suck training are available if necessary.

Call our office for any of the following:

- Uncontrolled bleeding
- Refusal to nurse or take a bottle
- Fever > 101.5

Resources: www.drghaheri.com/aftercare/

<https://milkontap.com/shallow-latch/>

<http://www.princesscitydentalmishawaka.com/services/tongue-and-lip-ties/>