

## **POST-OP INSTRUCTIONS FOR INFANT TONGUE-TIE RELEASE**

The goal is for the area(s) released to heal and provide increased mobility. You should do the oral stretches with the baby laying down on a changing table, bed, or couch facing away from you like during the exam. Please follow-up with our office within 1-3 days. Begin doing the stretches the DAY of the procedure. You may use gloves (preferred) or clean hands with nails trimmed while performing stretches.

1. If the lip and/or cheeks were released, first put your fingers all the way in the fold of the lips and pull the lip or cheek up and out as high as possible, so you can see the white diamond(s) open. Push right on the area(s), in and up gently but firmly. It may bleed slightly (occasionally), but if you notice bleeding that is concerning, text or call us.

2. With both index fingers, bring fingers into the sides of the tongue right behind the gum pad in the floor of the mouth, and push into the side of the tongue and lift the tongue up. Bring the points of the fingers towards the white diamond (try to avoid touching wound) pull tongue up and back for a few seconds and repeat 3 times (spread the diamond shape) It may bleed slightly the first day or two, this is not a concern.

3. The main issue is to open and see the “diamond” all the way up on the lip and especially the tongue. If you notice it is becoming tight, then stretch/push a little more to open it back up.

4. Repeat this every 4 hours until your follow-up appointment 1 week after release. After the follow-up, we usually will approve dropping the night time stretches depending on wound care and healing.

5. 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. MAKE IT FUN!!

6. The released area will form a wet scab after the first day. It will appear white and soft. It may change color to yellow or even green. This is not infection, but is just a scab in the mouth. The white/yellow area will get smaller each day lengthwise, but HEALING IS STILL HAPPENING! So even though the white scab is not as visible, you must continue stretching or the surgery may need to be repeated. If you have any concerns, please contact our office.

7. Suck training is ESSENTIAL for your baby to re-learn how to use their tongue properly. We recommend the Ninni Pacifier. The goal is for baby to suck on pacifier for 5 minutes at least 6 times a day; with time, the baby should be able to increase sucking on the pacifier to 10 minutes, and the 15 minutes, and so on. If your baby doesn’t suck on the pacifier, we recommend suck training with your finger for 5 minutes 6 times a day or more and the goal is to increase this time as well. If your baby is struggling with sucking and is chompy, please contact our office so we can properly address this issue. If the baby does not learn to suck properly, re-attachment can occur.

8. Follow up with your lactation consultant is critical if nursing. Bottle-feeding babies will benefit from visiting a feeding therapist and with Lactation Consultant as well. Bodywork with a tie savvy provider is also very helpful and recommended. 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 to weeks. Skin to skin, warm baths, white noise, swaddling, and soothing music can be very beneficial to calm the baby.

## **Pain Management**

### CHILDREN'S TYLENOL

6-11 lbs 1.25ml

12-17 lbs 2.5ml

18-23 lbs 3.75ml

24-35 lbs 5ml

Recommended to start with a half dose

**Homeopathic Pain Control: Arnica Montana 6c tablets, typically found at sprouts or online.**

**Infants: crush 5 tablets with a pill crusher and mix with 1oz of breastmilk. This should be stored in the refrigerator. Use a dropper, you can utilize 1ml on the tongue and the lip prior to stretches. (do not use the entire 1oz at once, slowly give to baby)**

**Remember stretching every 4 hours for the first 48 hours or until your follow up appointment is very important.**

Your child's lip will swell up slightly for a few days, and the released areas will be sore for a few days, at one week look much better, and at 2-3 weeks look much better and almost normal.

If you have any questions, please text us at 916-827-5571