

Home Care for Post-Op Infant/Toddler Frenectomy

WHAT YOU MAY EXPECT AFTER THE PROCEDURE

TIPS FOR THE FIRST 24 HOURS

- If your baby is extra fussy or inconsolable, be sure to do skin to skin contact. This increases oxytocin levels which lowers pain
- If your baby is fussy and struggling to latch, try feeding while taking a warm bath
- If your little one is extra squirmy during stretching exercises, use a swaddle
- Frozen breast milk can act as a numbing agent. Chip off tiny pieces and place under the lip or tongue and let it melt
- You can do the stretches before or after feedings

DAY 1-3

- Most babies will be sore for the first 24-48 hours
- May see an increase in drooling
- May have some difficulty with latch
- Have a backup plan for feeding and comfort
- A white patch will form when healing begins

FIRST WEEK

- The tenderness gets better in 7-10 days
- Healing white patch continues to form
- Baby is re-learning how to latch
- Follow-up appointment with IBCLC to work with new latching

WEEKS 2-4

- Exercises are mildly irritating
- The healing white patch should be shrinking
- Exercises can be stopped once healing white patches are gone

NORMAL THINGS YOU MAY NOTICE IMMEDIATELY FOLLOWING THE PROCEDURE

- Increased fussiness and crying for the first 72 hours
 - May want to give Tylenol (or Motrin if over 6 months) to help with discomfort
- Bleeding after the stretches
 - Just remember a little blood in saliva is not as bad as it looks
- Difficulty with latch
 - Babies are going to have to re-learn to latch with the new movement of the tongue. It is critical to follow up with IBCLC for feeding issues
- Increased choking and spitting up
- Increased saliva and drooling
- Increased sleeping

PAIN MANAGEMENT RECOMMENDATIONS UNDER 6 MONTHS

- Infant Tylenol (160mg/5mL concentration)
 - Dose based on weight. Give every 4-6 hours for first few days as needed.
- Arnica 30c tablets - HOMEOPATHIC Remedy
 - Dissolve 10 pellets in 3 oz of breast milk/water/formula. Chill.
 - Give 2mL of chilled combination every 2 hours for the first few days as needed.
 - Can be given every 15-30 min if child is in acute episode.



PAIN MANAGEMENT RECOMMENDATIONS OVER 6 MONTHS

- Children's Ibuprofen/Advil/Motrin
 - Infant drops (50mg/1.25mL) or Children's concentration (100mg/5mL)
 - Dose is based on weight every 6-8 hours as need for pain
- Soothing Gels/Oils
 - Options: Hyland's teething gel, Orajel naturals, Camilia teething drops
 - Helps to lubricate sites and offer localized relief
 - Keep chilled
 - Safe for all ages



Post-Op Frenectomy Care

Our body wants to heal the way it was made. This means that without doing the exercises every 4 hours for the first three weeks the area of the lip/tongue tie will heal right back to where it was before doing the procedure.

THINGS TO REMEMBER

- Two open wounds that are healing near each other will often heal together.
- Wounds tend to contract toward the center. That is why its important to keep the site of the frenectomy open and stretched.
- The healing time in infants is very fast. If we aren't doing the exercises often, they can heal more constricted than they were to before.
- It is easier to remember the exercises at feedings and diaper changes.



STRETCHES

- Prior to doing the stretches wash your hands or use gloves (only if it makes you more comfortable, not necessary).
- Make sure your nails are cut so they don't accidentally nick the wound.
- A small amount of bleeding may occur, but the laser should keep it to a minimum.

THE UPPER LIP

This will be the easier of the two...If your little one has had both sites lasered, I would recommend starting with this one. Just take the lip with your fingers and lift it as high as it will go. You can then sweep the underside of the lip from side to side for a few seconds. This will let the tip of your finger to break up any parts of the wound that are trying to grow together.

THE TONGUE

Take both of your index fingers and place them on either side of the tongue. They will sink under tongue. You can then pick up the tongue and move it to the roof of the mouth as high as it will go. Try holding it there for a couple of seconds. Then repeat. Now that the tongue is back (since more than likely the infant is crying) you can then massage the area of the frenectomy. Use the tip of your finger to go both up and down on the site as well as left to right. Do this about 5 times.



As the site heals, it is important to remember that in the mouth, a scab turns white/yellow and can be very alarming. If you are not prepared for seeing it, in advance. This is a wet scab. If you have any concerns about the appearance of the scab, please call our office. We can often have a parent send a photo in to see if we need have the child in sooner than their follow up appointment.