

## Post Op Instructions After Frenectomy:

### INFANTS

It is normal for swelling to occur in the lasered area, this will usually go down in a day or two.

The baby can be fussy and not want to nurse as much on the day of the procedure; it is normal and will subside.

If the lip is bumped the area may bleed, you can apply pressure and it should stop the bleeding.

While nursing try to get as much of the areola into the baby's mouth, which will help the baby create a vacuum that will help with the suction rather than pinching.

Compress the breast when you think there is a good latch. This will help with the milk flow and let the baby know that this is a better or easier way to feed.

Always use your discretion before giving pain medication. Most of the time children will be more fussy than normal but may not require any medication. Please call us before dispensing any medication to your child.

### Stretching information:

The stretching process should not take more than 5 to 10 seconds.

- Position the baby such that you can be behind. His/her head should be on a firm surface (changing table, on the bed, or even on the car seat).
- Lift the lip and tongue up to the full extension with mild to moderate force.
- Move tongue to the roof of the mouth with your clean fingers. Apply aloe, breast milk or coconut oil to your finger tips.
- Massage floor of the mouth or under the tongue.
- Massage under the lip where the procedure was done. Help flange the upper lip every time you feed the baby.
- Use the given tongue depressor or the finger glove to help you if needed.
- Do the stretches and massages till the "white diamond" is completely gone.
- For the first week, we recommend doing the stretches every 2-3 hours. After the 1 week follow up, we will re-evaluate and make changes as needed.

### Body work:

- CST to help muscles in the neck and chest area
- Chiropractic care

### FOR OLDER CHILDREN:

- Sweet or sticky on the upper lip to use their tongue to lick it off
- Speech therapy to help with verbal usage and to retrain the muscle