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**Post Op Instructions for Tongue-Tie/Lip Release (Frenectomy)**

Your child has had his/her tongue-tie released, so what now? It is important to understand that depending on the type of tongue-tie your baby had, improvement with breastfeeding may not be immediate. It can take a little bit of time for your baby to learn how to use his/her tongue in an effective manner.

**Pain relief**

Since we used a laser to accomplish the release/frenectomy, most babies experience only minimal discomfort after the procedure and breastfeeding provides natural pain relief. If however, your baby seems uncomfortable, liquid Tylenol(acetaminophen) can be given to help with the discomfort or an over the counter analgesic ointment, ie. Baby Orajel. Please speak to your doctor/dentist/pharmacist if you are unsure about what dosage of medicine to give, and remember that medication dosage should always be based on your child’s weight.

**Stretching exercises for Tongue-tie Release:**

Your baby’s mouth heals quickly, and **stretching exercises are very important** after the procedure to make sure the area that was released doesn’t heal back together. Exercises should always be done when your baby is calm and alert, not tired or hungry. If your baby is resisting the exercises, then stop and try again later. Before starting the exercises, make sure that your hands are clean, and your fingernails are short.

Starting after the second feeding after the procedure, place your thumb and index finger under your baby’s tongue) on either side of the incision. Lift your baby’s tongue while gently pushing back at the same time so that you can see the diamond shaped area where the cut was made and hold it for 3 seconds. There may be a small amount of blood as the area stretches, but this is normal. Do the stretches **10x a time for 10 days.** For some children, healing may take a little longer, so if you stop the stretching exercises and breastfeeding becomes uncomfortable again, resume the stretching exercises for another few days.

**Stretching exercises for Lip-Tie Release:**

Before starting the exercises, make sure that your hands are clean, and your fingernails are short. Please complete finger sweeps **10x a day for 10 days wiping back and forth for a minimum of 10x.** Firmly push the upper lip towards the nose and/or finger sweep between the upper lip and gum. If these exercises are not performed, the upper lip tie may reform in about 50% of patients.

**Encourage tongue mobility**

 **Breast feeding is the most effective exercises** for encouraging effecting sucking. For breastfeeding babies under the age of 3 months, sucking issues related to tongue-tie often resolve spontaneously after the tongue tie is released, with no other intervention needed. If breastfeeding has not greatly improved by about day 5 after the procedure, there are other exercises that can be done to help encourage your baby to use his or her tongue effectively. These exercises should be tailored to your baby’s specific needs with the help of an International Board Certified Lactation Consultant (IBCLC).

**Instructions for Youth and Adult Frenectomies:**

**Eating and Drinking:** (does not pertain to infants):

Do not try to eat until all the anesthesia (numbness) has worn off. The first meal should be soft. Avoid spicy, salty, acidic, very hot or very cold foods or liquids. Also, avoid nuts, chips, popcorn, hard bread, or other crunchy or fibrous foods which may become caught between your teeth.