



Southern Dental Care

Dr. Lacey Andreotta

www.southerndentaldds.com

Instructions after Lip Tie & Tongue Tie Release

There are two important concepts to understand about oral wounds:

1. Any open oral wound likes to contract towards the center of that wound as it is healing (hence the need to keep it dilated open).
2. If you have two raw surfaces in the mouth in close proximity, they will reattach.

Post-procedure stretches are key to getting an optimal result. These stretches are NOT meant to be forceful or prolonged. It's best to be quick and precise with your movements. Use the LED headlight provided to you when performing the stretches for the best results.

Pain Relief/Comfort Measures

- Tylenol
 - Call your pediatrician for appropriate dosing
- Ibuprofen
 - 6 months and older only
 - Call your pediatrician for appropriate dosing
- Arnica Montana 30X
 - 2 dissolving tablets 4 times a day
- Rescue Remedy
 - 4 drops under the tongue with stretches
- Warm bath with mom and baby together
- Skin to skin in any setting that is stress free for parent and baby
- Frozen chips of breastmilk or formula
 - Put these chips under the tongue and/or lip before and after a stretch to reduce inflammation

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 the feet going away from you. The changing table is a great place as well since stretches during diaper change are ideal.

Stretches

- Small amounts of bleeding are common when stretching. Remember when blood mixes with saliva it looks like much more than is actually there. Use of the laser reduces bleeding, but some may still occur.
- Wash your hands well. Gloves are not necessary.

- Stretch 6x/day (24 hr period) for the first 7-10 days never going more than 6 hours between stretches.
- Skip the middle of the night stretch on the day of surgery **ONLY!**
- After 10 days begin to taper quickly from 6 to 5 to 4 to 3 to 2 to 1 stretch per day before quitting completely at the end of the 4th week.

The Upper Lip

- This is the easier site to stretch.
- If you must stretch both sites begin here. Once you begin baby will cry and allow for easier access to the tongue.
- Place fingers under the lip and move it as high as it will go until resistance is felt. Hold for 5 seconds.
- You may sweep your finger across the wound a few times if you like to help prevent reattachment. This part is optional.

The Tongue

- Insert both fingers into the mouth and dive under the tongue.
- Push as far towards the back of the tongue as possible and lift up towards the roof of the mouth as high as possible.
- Hold for five seconds.
- The goal is to make the diamond look tall and skinny. If the diamond looks short and fat more elevation of the tongue is needed.
- You may sweep across the wound 1-2 times after the stretch to prevent reattachment if you wish. This part is optional.

Starting several days after the procedure, the wound(s) will look white and/or yellow and will look very similar to pus. This is simply a wet scab and nothing to be concerned about.

This is a completely normal inflammatory response. Do not let your child's regular doctor, lactation consultant, friend who thinks they're an expert, or anyone else make the determination for you. If you think an infection exists, give our office a call.

It is essential that you follow-up with your lactation consultant and any other specialist we've spoken about after the procedure to ensure optimal results. This is NOT a quick fix procedure.

Call our office for any of the following:

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

Videos of the stretches will be texted or emailed to you at the end of this appointment. The video is also available at <https://www.southerndentaldds.com/new-orleans-lip-tie-tongue-tie-release/>