

# INFANT FRENECTOMY AFTER CARE GUIDE



# AFTER CARE TIMELINE

Please note the healing timeline may vary among children

## DAY 1-3

- Most babies will be very sore during the first 24-48 hours
- Expect baby to be fussier than usual
- Healing "white patch" forms
- Pain meds given as indicated
- Difficulty with latch may occur; refer to LC for "back up" feeding plan
- Serrapeptase may be used starting day 2

## WEEK 2-3

- Baby should not be sore and exercises are mildly irritating
- Healing white patch shrinking
- New frenulum forming
- Bodywork and LC follow ups as needed
- Improved progress with symptoms
- Serrapeptase- Once a day before bed

## WEEK 1

- Baby's soreness starts to taper off days 7-10
- Baby may still be fussy
- Healing white patch continues to form
- Pain meds given as needed
- Follow up with LC and body work
- Improvement may be minimal during first week.
- Serrapeptase- 2 to 3 times a day

## WEEK 3+

- Healing patch gone and new frenulum takes shape
- Begin massages rather than stretches when white patch disappears. Scar massage can help up to 6 months post-op
- Bodywork, OT, PT or LC follow ups as needed
- Continual progress with symptoms
- Serrapeptase- No longer needed

## HEALING REMEDIES & PAIN MANAGEMENT

You may use whatever works for your family.

### Homeopathic Remedies

Homeopathy is a system of holistic medicine that stimulates the body's own healing abilities and can be used alongside conventional medication.

#### Boiron Camilia: Oral Liquid Doses

Children 1 month and up: Administer one entire liquid dose; repeat every 15 minutes for 2 more doses. This repetition of 3 doses can be repeated 3 times a day for a total of 9 doses each day.

#### Arnica (Arnica Montana 30C)

Dissolve 5 Pellets in 1 oz dropper bottle of distilled water; give 5-10 drops every 2-3 hours as needed. Store chilled

#### Hyland's Naturals: Dissolvable Oral Tablets

Follow dosage information on the package.

Note: For infants, consider dissolving tablet with a few drops of breastmilk/water on a plate to create a paste you can wipe inside of the mouth.

### Other Options

**Epsom Salt Bath** (1 tsp in bath can help soothe sore muscles)

**Cool compress** (to be used first couple of days on the lip and under the chin to help reduce inflammation)

**Turmeric and breastmilk/formula mixture** frozen into shallow bits- 1/8 tsp of turmeric to 1 oz of breastmilk/formula (Crush fine and placed on the wound or in the mouth to help reduce inflammation)

### Pain Management

Please use caution & consult with pediatrician

#### Under 6 months of age:

Infant Acetaminophen.  
Our preferred brand is Genexa.

#### Over 6 months of age:

Children's Ibuprofen

#### Infant acetaminophen

(160mg/5mL) dosage:  
6-11 pounds - 1.25mL  
12-17 pounds - 2.5mL  
18-23 pounds - 3.75mL

### Fussy Baby? Try:

#### Baby Wearing or Skin-to-Skin

Research shows close contact with your little one helps baby regulate physical and emotional responses. Skin to skin contact also increases oxytocin which lowers pain.

Try using a hands-free baby carrier/wrap to keep your baby close and to lessen feelings of stress or discomfort should they arise.

#### Soothing Bath

If baby is fussing and struggling to latch, try feeding your baby while taking a nice warm bath.

#### Bouncing & Rocking

These gentle movements aid to soothe and comfort. If you are having a hard time calming your baby or getting him/her to sleep, try holding your child while sitting on a large exercise ball and bouncing for a few minutes.

#### Fresh Air

Get outside and take a breath! This should help calm your baby's emotional state (as well as your own). Try a walk or a stroller ride.

#### Cold Yummies

Breast-milk ice chips/pops, homemade frozen yogurt drops, and/or cold teething toys (if age appropriate) may help with oral discomfort.

# STRETCHES & MASSAGES

The incision site will form a wet, soft scab after the first day (resembling a diamond shape under the tongue). This is nature's "band-aid" and while typically white in color, in some cases it is yellow.

## AFTER CARE SCHEDULE

### DAY OF PROCEDURE:

Complete one set of stretches at night before bed

### FOLLOWING DAY:

Start first thing in the morning and continue every 4 hours (including at night)

Complete stretches until diamond shape wounds heal (typically 2-3 weeks)

### ONCE THE WOUNDS ARE HEALED:

Begin massaging 3 times a day for 2 weeks, then taper to once a day as scar tissue softens

### Lip & Buccals



#### Buccals:

Lift cheeks firmly away from the gums

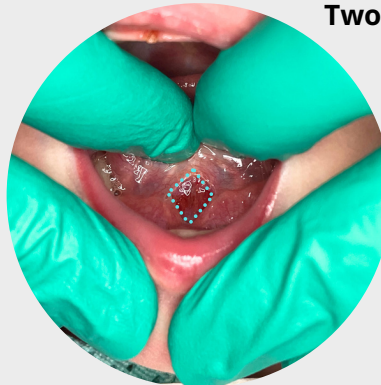
#### Lip:

Lift the lip firmly up and back towards the nostrils

**Hold each stretch for 1 second**

### Tongue

#### Two Methods



Place your two pointer fingers at the top of the diamond

Use middle fingers to push chin down as you lift the tongue.

**Hold the stretch for 3-5 seconds.**



Place pointer finger at the top of the diamond

Use thumb on lower gums to open the mouth as you push tongue to the back of throat

**Hold the stretch for 1 second.**

## MASSAGES

- **ONLY** when the wounds are fully healed
- Using your finger, find the ball of tissue which is now replacing the wound site
- Gently massage the area and scoop up the tongue with a twist of your wrist putting slight pressure to loosen the scar tissue
- Repeat 5 times per site for each massage session

For video instructions please visit our website resource page:



## HELPFUL TIPS

- **Always** use clean hands and short fingernails
- Although not necessary, you may find the stretching exercises more comfortable using **nitrile** gloves. Make sure gloves fit well.
- If your little one is extra squirmy during the stretching exercises, *try using a swaddle.*
- The diamond will peak in size by day 7 then **shrink** from day 7-21.
- **Pacifiers** may be used but only for short intervals as it increases chance of reattachment.
- **The highest chance of reattachment is from day 2-8.**
- Look at the diamond while stretching (a head lamp would be ideal for best visualization).  
**\*Make the diamond long\***
- **DON'T BE AFRAID TO USE FIRM PRESSURE TO OPEN UP THE WOUND FULLY.**
- *The stretch can be done before, after or in the middle of a feeding.* You will find the best time for your baby. It may be best to feed before the stretch during the first week as your baby is most sore at that time.
- It may be a good idea to **change things up** when it comes to stretching routine so your baby doesn't create a negative association with the sequence of events.



## NORMAL THINGS POST TREATMENT

01

### Increased fussiness and inconsolable crying during the first week.

Biggest fussy phase typically starts anywhere between 4-8 hours after the release and can last up to 2 hours.

02

### Bleeding can occur after the stretches.

Keep in mind that a little bit of blood in a pool of saliva is not as bad as it looks. This is not a concern and it is safe to feed your baby.

03

### Your baby may be more sleepy.

This may be due to tiredness, discomfort, or that your child is feeding more efficiently and more satisfied post-feeds.

04

### Increased Spitting Up or Salivary Production

Some babies may take in more milk in a shorter time frame post-treatment, causing a temporary increase in reflux symptoms. As your child adjusts to increased oral mobility, you may observe increased salivary production during the first week post-procedure.

05

### Difficulty with latch during the first week.

This may be due to the initial soreness and re-learning of suck. Feedings may be inconsistent during the first week. In some cases, symptoms can get worse before they get better. It is critical to follow up with your lactation consultant for any troubleshooting issues.

06

### Changes in Symptoms and Feeding Habits May Take Time.

Expect an adjustment period. Some babies may require more support than others to help address tongue-tie related compensatory patterns and the adjustment to new oral mobility.

## WE'RE HERE FOR YOU!

Although rare, please do not hesitate to contact the office or Dr. Jafari if you experience the following:

- **Fever greater than 101.5 F**
- **Uncontrolled bleeding**
- **Refusal to feed (bottle and/or breast) for over 8 hours**

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