

Post-Frenectomy Instructions

The treated area will usually turn into a white or yellowish color during the first 24 hours. This is **NORMAL**. Since the mouth is moist scabs do not form in the oral cavity. After the procedure, it is very important that you do active wound management to prevent reattachment of the frenum.

Post Laser wound management upper lip tie

For the upper lip tie post-revision care, you will need place your index fingers directly above the surgical area and completely elevate the lip. Using firm but gentle pressure, elevate the upper lip 4 times a day upward until it reached the infant's nose and hold for 5 seconds. Repeat 3 times. This should be done for at least 3 weeks.

Post Laser wound management for tongue tie

For the tongue tie stretches you will need to place your two index fingers just behind the surgical area and elevate the tongue. The tongue needs to be elevated off the floor of the mouth to prevent reattachment. Lift with firm but gentle pressure exposing the entire diamond. Lift and hold for 5 seconds and repeat 3 times.

These stretches should be done 4 times a day for at least 3 weeks. Stretches should be done with clean fingers that may be moistened with vitamin E or coconut oil. Although most babies do not need pain medication after laser procedure if your baby is very irritable you may give the **APPROPRIATE** amount of Tylenol provided on handout. Some homeopathic alternatives include the use of topical coconut oil and ozonated olive oil or arnica, hypericum and calendula diluted in water. You may use breastmilk or formula popsicles developed by Dr. Marty Kaplan:

Take a clean face cloth and cut into strips about 6 inches long and ½ inch wide. Tie them together with a restrictive tie such as a bread tie closure. Soak them in expressed breast milk or formula squeeze out the excess and place in freezer bag in the freezer. After it freezes allow them to thaw to a slushy consistency and let the baby suck on it. The cool liquid may calm the irritated tissue. **DO NOT USE IT COMPLETELY FROZEN OR YOU CAN CAUSE A FREEZER BURN.**

Tylenol Dosing if absolutely needed is as follows:

Tylenol Infant bottle 160mg/5cc (1cc=32mg)

Dosing is 10mg/kg or 10mg/2.2lbs

Conversion table for 160mg/5cc bottle

6 lbs = 0.8cc	18lbs = 2.5 cc
8lbs = 1.1 cc	20lbs = 2.8 cc
10 lbs =1.4 cc	22lbs = 3.0cc
12lbs = 1.7 cc	
14 lbs = 2.0 cc	
16 lbs = 2.3 cc	