

POST-OP INSTRUCTIONS AFTER FRENECTOMY (over 12 months)

Post-op instructions

Although many children do not require pain medicine after laser lip and tongue tie revision each child is different. If your child complains of pain or appears to be more irritable or uncomfortable than you can give your over-the-counter Tylenol or Motrin. Please follow the recommended dosage on the bottle for your child's weight and age. I would not expect this to be necessary after the initial 48 hours.

Eating or nursing after the procedure is not contraindicated. Soft pureed baby food is fine. If your child eats solid foods, please avoid giving your child crunchy pieces, chips or nachos, large seeds and spicy foods. Milk and water are recommended beverages. Avoid all acidic beverages such as juice, tomato juice, pineapple juice and soda. These beverages are not recommended anyway for other health and dental reasons but should strictly be avoided during the first 48 hours after procedure. These beverages can irritate the area.

Lip Tie Treatment

The treated area will usually turn into a white or yellow during the first 24 hours. This is NORMAL. Since the mouth is moist scabs do not form in the mouth, rather a white/yellowish healing membrane will form as it begins to heal.

The day after the procedure using a clean index finger gently lift the area 4 times a day for 2 weeks. Moisten the finger either with vitamin E or coconut oil. We want to allow the area to stay loose and prevent tight adherence.

For children over 3 you can teach them to make "monkey lips" by pushing the tip of his tongue under his front lip. This should be done for 10 seconds per session 4 times a day for 2 weeks.

Tongue Tie Treatment

The treated area will turn a white/yellowish diamond or triangle shape under the tongue. This is **normal** and may last 7-14 days. To prevent the frenum from reattaching it is important to do post treatment exercises. Help your child stick out his tongue for 15 seconds by mimicking you with your jaw wide open. Help them lift the tongue to the roof of their mouth, behind their front teeth and in front of the gums of teeth under the lips for the same duration. Then have them stick out their tongue and follow your finger side to side as you touch the corners of their mouth. A **fun exercise** to do with your child is to put maple syrup or chocolate sauce in a shot glass and have them lick it out. Another exercise is to put a dab of peanut butter, Nutella, honey, etc. on the corners of their mouth to practice tongue extension and mobility. Licking popsicles or ice-cream cones can serve as tongue extension exercises as well.

Exercises should be done 4 times a day for 14 days. If you have any problems text or call the office and explain the concern.