

Post Operative Instructions: Infant Frenectomy

Please adhere to the following instructions to expedite your child's healing process and avoid any unnecessary discomfort or reattachment:

- **Medication may be given as directed** by your doctor. Children's Tylenol or Motrin (if older than 6 months) may be given to alleviate any pain or discomfort. Breast milk ice chips may also help alleviate pain and swelling.
- **A white "scab" may appear** the first 7-10 days after the procedure while the site is healing which is normal.
- **A small amount of bleeding is normal** and may occur for the first couple of days after the procedure. If there is uncontrolled bleeding, please call our office.
- **Breastfeeding can resume immediately** after the procedure has been completed.
- **Fussiness and a low fever are normal.** It is normal for your child to be fussy for the first day or two after the procedure and to also run a low fever. Please call us if they have a fever over 101.5 degrees Fahrenheit.
- **Follow-up therapy may be needed** depending on recommendations from your child's dentist. It may be recommended that your child follows up with a myofunctional or speech therapist.
- **Post-procedure stretches are NECESSARY** to avoid reattachment and to provide the desired outcome. You may use coconut oil on the site(s) to help prevent reattachment. Stretches should be done about 6 times a day for 4 weeks. The day of the procedure, do one stretch that evening and then do your next stretch in the morning. This is the only time you should skip an overnight stretch as you do not want to allow more than 6 hours to pass between stretches. Your child will most likely not enjoy doing the stretches and may cry but please remember that it is age appropriate behavior and the stretches are crucial to achieving the desired outcome.

Upper Lip: Place your finger under the upper lip and slide it up until you feel resistance. Gently slide your finger side to side for a couple of seconds.

Tongue: Place both index fingers under the tongue and push the tongue upward towards the roof of the mouth and try to hold it there for a couple seconds. (Do not allow your fingertips to separate). You will want to make

sure that you have placed your fingers deep enough under the tongue before lifting to completely unfold the diamond shape wound. While using one finger to prop up the tongue use your other finger to in a sweeping motion from the middle of the diamond shape wound toward the tip of the tongue. This should be done gently.



Please reach out to our office for additional resources or questions about the stretches if needed.

Please text/call our office at (805) 543-4770 if:

- If your child develops a fever over 101.5 degrees Fahrenheit.
- If there is uncontrolled bleeding.
- If your child refuses to nurse or bottle-feed.

