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Frenectomy Aftercare Instructions

Your baby has had their tongue-tie and/or lip-tie release, so what now? It is important to understand that depending on the type, improvement with feeding may not be immediate. It can take a little bit of time for your baby to learn how to use their mouth in an effective manner. We encourage you to return to your other advisors and consultants/pediatrician as necessary to continue appropriate therapies.

Pain Relief: Most babies experience only minimal discomfort or fussiness after the procedure, and breastfeeding provides natural pain relief. If however, your baby seems uncomfortable, Tylenol (acetaminophen) can be given to help with the discomfort. Please speak with your doctor/dentist/pharmacist if you are unsure about what dose of medication to give, and remember that medication dosages should always be based on your baby's weight.

Healing: Within the first 24-48 hours after the procedure, a grayish-white patch will form in the area(s) where the incision was made. This is the space that was created for improved lip and/or tongue movement. This is NOT infection or thrush and the tissue will thicken and return to its normal appearance in about 2 weeks. Slight puffiness of the upper lip is also normal since the lip had to be held and pulled to complete the procedure.

Stretching Exercises: Your baby's mouth heals quickly, and stretching exercises are very important after the procedure for:

- Optimal healing, mobility and function of the incision sites
- Prevention of re-attachment and scar formation
- Improved feeding and infant bonding

Exercises should be done before each feeding for 3-4 days, but most importantly in the first 48 hours. Before starting the exercises, make sure your hands are clean and your fingernails are short. It is usually easiest to perform the stretches while positioned with the baby's head in your lap.

Lip Stretch:

- Use your index fingers and thumbs to lift the upper lip up and hold for 3 seconds.
- Move side to side and then up and down again.
- Repeat for about 30 seconds. Do not stretch too much. It is possible to overdo it
- Then massage the outside of the lip just below the nose

If you have any questions or concerns, please contact:

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