

POST OPERATIVE INSTRUCTIONS FOR RESECTION OF TONGUE AND/OR LIP FRENUM TIE IN BABIES

Following the procedure the baby may be fussy and may not nurse much at first. Breastfeeding will have to be retrained so may be difficult at first. Some swelling and/or a fever may occur during the first 24 hours but then should go down. We suggest using either homeopathic remedies for pain (such as Rescue Remedy, Arnica, Hyland's Teething Gel, coconut oil, Vitamin E oil, or aloe vera) or Baby Tylenol.

One of the above remedies such as Vitamin E or coconut oil should be placed on the wound area(s) 3-4 times daily. Keeping the lip and tongue mobile is important during the healing time. When nursing make sure to flange the upper lip up and over the breast to stretch the area.

Perform these exercises 3 or 4 times daily to prevent the resected area from healing back to the old position:

- Rub vitamin E or coconut oil under the tongue from side to side 5 times or more
- Using your finger, lift baby's tongue up and a bit back to expose the surgical site 5 times
- Using both index fingers under baby's tongue, spread the incision area in a massaging fashion back and forth 5 times. This will feel increasingly comfortable to your baby. Remember that this will help to prevent a second surgery!

- Gently rub your finger along your baby's lower dental arch (where teeth will be later) 5 times slowly back and forth. This will cause your baby to lift their tongue.
- For the upper lip, lift the lip up and out, then back 5 times.
- Rub vitamin E or coconut oil over the incision site under the upper lip back and forth 5 times.
- Using both index fingers, spread the incision site under the baby's lip slowly 5 times.

Remember that your baby has a, "New mouth" to use now and it will take some getting used to for you and the baby. We suggest working with a Certified Lactation Consultant to help with nursing in general and helping you and your baby adapt to their new ability to move.

A whitish yellow patch at the incision area is normal and is what a scab looks like in the mouth. Keep the area stretched and mobile until all the white is replaced by pink tissue.

Call the Doctor at any time should you have concerns.