



Frenectomy Post-Op Instructions

General:

- It is normal for swelling to occur in the lasered area, this will usually go down in a day or two.
- If the lip is bumped the area may bleed, you can apply pressure and it should stop the bleeding.
- Always use your discretion before giving pain medication. Most of the time children will be more fussy than normal but may not require medication. Please call us before dispensing any medication for your child.

Infants:

- The baby can be fussy and not want to nurse as much on the day of the procedure; it is normal and will subside.
- While nursing, try to get as much of the areola into the baby's mouth, which will help the baby create a vacuum that will help the suction rather than pinching.
- Compress the breast when you think there is a good latch. This will help with the milk flow and let the baby know that this is a better or easier way to feed.

Stretching Information:

- The stretching process should not take more than 5 to 10 seconds.
- Position the child such that you can be behind him/her. The child's head should be on a firm surface.
- Lift the lip and tongue up to the full extension with mild to moderate force.
- Move the tongue to the roof of the mouth with your clean fingers. Apply aloe, breast milk, coconut oil, or Orajel Naturals to your finger tips.
- Massage the floor of the mouth or under the tongue.
- Massage under the lip where the procedure was done. Help flange the upper lip every time you feed the baby.
- For **OLDER CHILDREN** put something sweet or sticky on upper lip and use tongue to lick it off.
- Do the stretches and massages until the "white diamond" is completely gone.
- For the first week, we recommend doing the stretched every 2-3 hours.

If stretching is not performed properly, the wound will heal back to its original shape prior to surgery.