



### **Infant Frenectomy Post-Operative Instructions**

1. It is normal for the swelling to occur in the lasered areas. This will usually resolve after about a day and a half.
2. The baby can be fussy the afternoon and evening following the procedure and may not nurse as much. This is normal and will subside.
3. Apply the aloe 2-3 times a day until all gone. It is okay if you forget to apply it.
4. If the lip is bumped the area may bleed again. Just apply pressure to the area to stop the bleeding.
5. When nursing get as much of the nipple/areola/breast in the baby's mouth as possible. This will help the baby use suction by creating a vacuum rather than pinching.
6. Compress the breast a little when the baby gets the latch right. This will help the milk flow and lets the baby know that this is a better and easier way to nurse.

### **Wound Management Exercises for Infant Lip / Tongue Tie Revision**

#### **Upper Lip Wound Management:**

1. Place your infant's head in your lap
2. Actively elevate the lip upward, exposing the entire surgical area
3. Sweep fingers across surgical area 3 times
4. Stretch upper lip to get good tissue separation 3 times
5. Do these finger sweeps and stretches 3 times per day (morning, afternoon, evening)  
\*\*There is no need to wake your infant during the night to do this  
\*\*Do this for a minimum of two weeks, ideally for 3-4 weeks

#### **Tongue Tie Wound Management:**

1. Place your infant's head in your lap (same position as for upper lip exercises)
2. Peel the tongue away from the floor of the mouth
3. Do this by placing your index fingers under the tongue into the wound area and pulling the tongue away from the floor of the mouth, exposing the entire surgical site
4. Do this 3 times for 3 seconds, 3 times per day (morning, afternoon, evening)  
\*\*There is no need to wake your infant during the night to do this  
\*\*Do this for a minimum of two weeks, ideally for 3-4 weeks

These exercises will not be comfortable for your infant. Although bleeding is not necessary, it is not abnormal for a small amount of bleeding to be present during or after the exercises.