

POST-OP FRENECTOMY

HOME CARE GUIDE



35 West Main Street • Suite 208 • Denville • NJ • 07834

Office: 973 627 3617 Fax: 973 627 5069 afdpa.com info@afdpa.com

BFD Tongue-Tie and Lip-Tie Post-Op sheet

This guide was made to help your child recover as quickly as possible but know it will take time for correct sucking. Feedings will improve slowly and could take 2-4 weeks for noticeable changes. Additional therapies maybe recommended and needed because a frenectomy alone does not always take away all feeding issues. We strongly encourage mothers to work closely with a lactation consultant who is trained in tethered oral tissues to improve the outcome of the release.

Days 1-3

- Expect soreness for 24-48 hours
- Fussier than normal
- Healing white patches form
- Difficulty latching so have an alternative feeding option ready
- Use pain medication if recommended by your doctor
- Begin stretching the evening of the procedure or the next morning

First Week

- Soreness will lessen around 7-10 days but baby could still be fussy
- Healing white patches forming
- Feedings might be inconsistent due to baby relearning how to suck
- Use pain medication if recommended by your doctor
- Consider seeing a lactation consultant or feeding specialist to help with feedings and sucking

Weeks 2-4

- No longer sore but exercises are irritating
- White patches start going away
- New frenulum forming
- Feeding improving but still see lactation consultant or feeding specialist as needed
- Stop taking pain medication

Weeks 4-6

- No longer sore and exercises have stopped at 4 weeks
- White patches have gone away
- New frenulum in final form and position
- OT, PT and LC as needed

Pain Management Recommendations

Under 6 months:

- Infant Tylenol
 - See dosing chart provided.
- Arnica Montana 30c tablets – homeopathic remedy
 - Dissolve 10 pellets in 2-3oz of breastmilk or water, store chilled. Give 2ml every 1-2 hours for first few days then as needed. It can be given every 15 minutes during acute episodes.
- Hyland's Natural Baby Oral Pain Relief: Dissolvable tablets
 - Dissolve 2 tablets on tongue every hour up to 4 hours as needed. If symptoms persist, 2 tablets every 4 hours during the night until relieved (consider dissolving tablet with a few drops of breastmilk or water on a plate to create a paste you can wipe inside of the mouth)



Over 6 months:

- Children's Tylenol
 - Dose based on weight; give every 6-8 hours as needed.
- Hyland's Natural Baby Oral Pain Relief: Dissolvable oral tablets
 - At onset of symptoms, dissolve 3 tablets on tongue every hour up to 4 hours as needed. If symptoms persist, 3 tablets every 4 hours during the night until relieved.

Soothing Gels and Oils:

- Organic Coconut Oil or Camilia teething drops
 - Both are safe for all ages, keep chilled. Apply a small dab to treated areas 4-6 times a day



What is normal?

- Increased fussiness and inconsolable crying during the first week. It is best to plan ahead and give pain medications right after procedure to get a jump start on pain management. Skin to skin contact is highly recommended during this time.
- It is okay to have a little bit of bleeding after doing stretches. Your saliva will make it look worse than it is.
- It is normal for latching and feedings to seem worse at first before they get better. This is due to the baby relearning how to feed. We strongly encourage you to seek help from a lactation consultant or feeding specialist. You can try feeding your baby while you are in a warm bath to help soothe them.
- Choking and spitting up can occur while the baby is relearning how to feed and getting used to the new latch and sucking technique. This should be addressed with your lactation consultant.
- With healing they will have increased drooling and saliva. This is usually temporary.
- Your child may sleep more due to medications, exhaustion or because they are feeding better and are more satisfied.

Call a doctor
when



- Uncontrolled bleeding
- Refusal to feed at the breast or bottle for over 8 hours
- Fever greater than 101.5 F

STRETCHING PROTOCOLS

Stretch area **3** times a day for **3** weeks

Beginning of week **4** – start removing **1** stretch

The purpose of stretching is to ensure that a new frenulum heals with increased flexibility.

Always wash hands and trim nails prior to completing stretches.

The released area will form a wet scab after the first day and be “diamond” in shape. It could appear white, yellow, bright yellow, green, or grey. This is the body’s “band aid”. By day 7 it will be at its largest and then will start to shrink up to day 21. Even though it is getting smaller, healing is still taking place so make sure you continue stretching or the new frenulum will not heal properly, and surgery may need to be repeated.

Wound Care Tips:

Standing Stretch:

- Laying baby down to perform wound care usually provides the best view of healing site or sites.
- If this is challenging, or your child is getting upset, try the standing stretch technique: hold baby in one arm while using your index finger on your free hand to access sites – bounce, walk and shush as needed to quickly complete the care.
- Trying standing in front of a mounted wall mirror to see wound site.

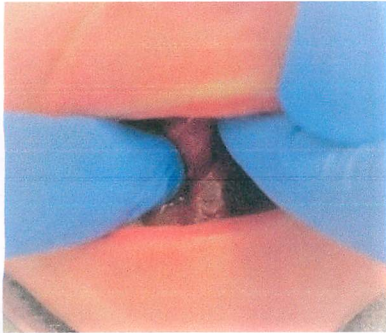
Toddler Recommendations:

- If laying child down is not working, you may find it easier to sit your child on your lap or couch to complete wound care.
- Consider using a chewy oral teething toy or a homemade popsicle to achieve better compliance and access.
- Optimize your child’s movement during healing with mirroring exercises, a variety of foods and textures and by working closely with your oral motor specialist when recommended.

Post-Frenectomy Healing Sites

The incision site will form a wet, soft scab after the first day (resembling a diamond shape under the tongue). This is nature's "band-aid" and while typically white in color, in some cases it is yellow. The scab usually peaks in size by day five and then starts to shrink over the following weeks. The size of the healing site may vary among children and is based upon individual frenulum anatomy.

Lingual Healing Site (Tongue)



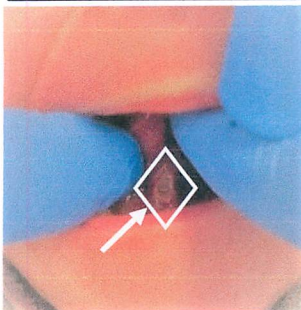
Labial Healing Site (Lip)



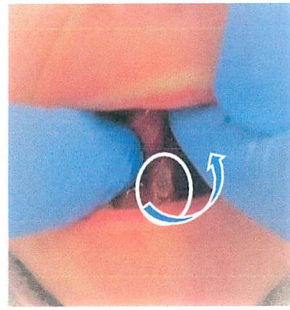
Post-Frenectomy Wound Care

Dr. Buehler recommends gentle, manual stretching of the treated area(s) 3x daily to help support tissue flexibility and optimal healing patterns. Use adequate lighting to visualize the area(s) as needed. You may use gloves or clean hands.

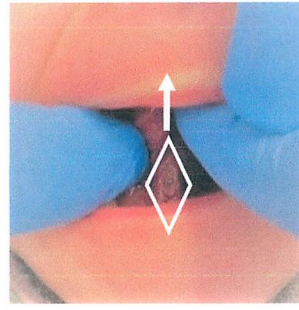
Tongue: Push, Scoop n' Stretch



PUSH...
Directly into the bottom corner of the site using one index finger; use the other hand to gently press down on child's chin to open and stabilize the mouth.

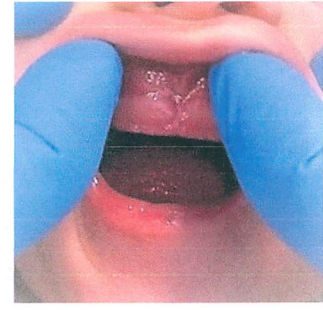


SCOOP...
To lift the tongue up towards the roof of the mouth



Stretch...
The tongue up for a few seconds and ensure the diamond elongates vertically; your index finger should now rest at the top of/above the diamond-shape incision.

Lip/Cheek: Finger Sweep



Place your index finger inside your baby's cheek area making sure your finger is all the way up in the "pocket." Sweep your finger across the healing site 1-2x; this should only take a few seconds.

Infant Tylenol Dosing Chart **[Using a dose of 14mg/kg and a liquid formulation containing 160mg/5 ml]**

Weight	Dose (ml)	Weight	Dose (ml)	Weight	Dose (ml)
5 lbs	1.0	10lbs	2.0	15lbs	3.0
5lbs, 2 oz	1.0	10lbs, 2 oz	2.0	15lbs, 2 oz	3.0
5lbs, 4 oz	1.0	10lbs, 4 oz	2.0	15lbs, 4 oz	3.0
5lbs, 6 oz	1.1	10lbs, 6 oz	2.1	15lbs, 6 oz	3.1
5lbs, 8 oz	1.1	10lbs, 8 oz	2.1	15lbs, 8 oz	3.1
5lbs, 10 oz	1.1	10lbs, 10 oz	2.1	15lbs, 10 oz	3.1
5lbs, 12 oz	1.1	10lbs, 12 oz	2.1	15lbs, 12 oz	3.1
5lbs, 14 oz	1.2	10lbs, 14 oz	2.2	15lbs, 14 oz	3.2
6lbs	1.2	11lbs	2.2	16lbs	3.2
6lbs, 2 oz	1.2	11lbs, 2 oz	2.2	16lbs, 2 oz	3.2
6lbs, 4 oz	1.2	11lbs, 4 oz	2.2	16lbs, 4 oz	3.2
6lbs, 6 oz	1.3	11lbs, 6 oz	2.3	16lbs, 6 oz	3.3
6lbs, 8 oz	1.3	11lbs, 8 oz	2.3	16lbs, 8 oz	3.3
6lbs, 10 oz	1.3	11lbs, 10 oz	2.3	16lbs, 10 oz	3.3
6lbs, 12 oz	1.3	11lbs, 12 oz	2.3	16lbs, 12 oz	3.3
6lbs, 14 oz	1.4	11lbs, 14 oz	2.4	16lbs, 14 oz	3.4
7lbs	1.4	12 lbs	2.4	17lbs	3.4
7lbs, 2 oz	1.4	12lbs, 2 oz	2.4	17lbs, 2 oz	3.4
7lbs, 4 oz	1.4	12lbs, 4 oz	2.4	17lbs, 4 oz	3.4
7lbs, 6 oz	1.5	12lbs, 6 oz	2.5	17lbs, 6 oz	3.5
7lbs, 8 oz	1.5	12lbs, 8 oz	2.5	17lbs, 8 oz	3.6
7lbs, 10 oz	1.5	12lbs, 10 oz	2.5	17lbs, 10 oz	3.6
7lbs, 12 oz	1.5	12lbs, 12 oz	2.5	17lbs, 12 oz	3.6
7lbs, 14 oz	1.6	12lbs, 14 oz	2.6	17lbs, 14 oz	3.7
8lbs	1.6	13lbs	2.6	18lbs	3.6
8lbs, 2 oz	1.6	13lbs, 2 oz	2.6	18lbs, 2 oz	3.6
8lbs, 4 oz	1.6	13lbs, 4 oz	2.6	18lbs, 4 oz	3.6
8lbs, 6 oz	1.7	13lbs, 6 oz	2.7	18lbs, 6 oz	3.7
8lbs, 8 oz	1.7	13lbs, 8 oz	2.7	18lbs, 8 oz	3.7
8lbs, 10 oz	1.7	13lbs, 10 oz	2.7	18lbs, 10 oz	3.7
8lbs, 12 oz	1.7	13lbs, 12 oz	2.7	18lbs, 12 oz	3.7
8lbs, 14 oz	1.8	13lbs, 14 oz	2.8	18lbs, 14 oz	3.8
9lbs	1.8	14lbs	2.8	19lbs	3.8
9lbs, 2 oz	1.8	14lbs, 2 oz	2.8	19lbs, 2 oz	3.8
9lbs, 4 oz	1.8	14lbs, 4 oz	2.8	19lbs, 4 oz	3.8
9lbs, 6 oz	1.9	14lbs, 6 oz	2.9	19lbs, 6 oz	3.9
9lbs, 8 oz	1.9	14lbs, 8 oz	2.9	19lbs, 8 oz	3.9
9lbs, 10 oz	1.9	14lbs, 10 oz	2.9	19lbs, 10 oz	3.9
9lbs, 12 oz	1.9	14lbs, 12 oz	2.9	19lbs, 12 oz	3.9
9lbs, 14 oz	2.0	14lbs, 14 oz	3.0	19lbs, 14 oz	4.0
				20lbs	4.0
				20lbs, 2 oz	4.0
				20lbs, 4 oz	4.0
				20lbs, 6 oz	4.1