



## Post-Operative Instructions: Infant Frenectomy

Thank you for entrusting us with your child's care. To ensure a smooth healing process and avoid any unnecessary discomfort or reattachment, please follow these post-operative instructions carefully.

### Medication

- **Pain Relief:** Children's Tylenol or Motrin (if older than 6 months) may be given to alleviate any pain or discomfort. Breast milk ice chips may also help alleviate pain and swelling.

### Normal Healing Process

- **White "Scab":** A white "scab" may appear within the first 7-10 days after the procedure as the site heals. This is normal.
- **Bleeding:** A small amount of bleeding may occur for the first couple of days. If there is uncontrolled bleeding, please call our office.
- **Fussiness and Fever:** It is normal for your child to be fussy for the first day or two and to run a small fever. Please call us if they have a fever over 101.5 degrees Fahrenheit.

### Feeding and Comfort

- **Breastfeeding:** Breastfeeding can resume immediately after the procedure.
- **Follow-Up Therapy:** Depending on recommendations from your child's dentist, follow-up with a myofunctional or speech therapist may be needed.

### Post-Procedure Stretches

Post-procedure stretches are crucial to avoid reattachment and to achieve the desired outcome. You may use coconut oil on the site(s) to help prevent reattachment. Stretches should be done about 6 times a day for 4 weeks. The day of the procedure, do one stretch that evening and then continue stretches the following morning. This is the only time you should skip an overnight stretch; ensure no more than 6 hours pass between stretches. Your child may cry during stretches, but remember that this is age-appropriate behavior and the stretches are essential.

- **Upper Lip Stretch:** Place your finger under the upper lip and slide it up until you feel resistance. Gently slide your finger side to side for a couple of seconds.
- **Tongue Stretch:** Place both index fingers under the tongue and push the tongue upward towards the roof of the mouth, holding it there for a couple of seconds. Ensure your fingers are deep enough under the tongue to completely unfold the diamond-shaped



wound. While using one finger to prop up the tongue, use your other finger to gently sweep from the middle of the diamond-shaped wound toward the tip of the tongue.



### **When to Contact Our Office**

Please call our office if:

- Your child develops a fever over 101.5 degrees Fahrenheit.
- There is uncontrolled bleeding.
- Your child refuses to nurse or bottle-feed.

If you have any additional questions or need resources about the stretches, please reach out to our office. We are here to support you and your child through the healing process.