



Infant Frenectomy Post-Operative Instructions

The purpose of post-operative exercises following tongue-tie and lip-tie frenectomies are to:

- Decrease the chance of regeneration of new frenum attachments.
- Increase range of movements that the tongue and lips can perform. This will help the tongue to elevate to the roof of the mouth, facilitating efficient suction and swallowing with minimal air. It will also help the flexibility of the lip, allowing it to flange upwards and achieve a more productive latch.
- Encourage tongue movements related to cleaning the oral cavity, including sweeping the inside of the front and backs of the teeth and licking right and left around both lips.

Use the following exercises and stretches in any order,

*****A MINIMUM OF EVERY 4 HOURS, 5 TIMES PER DAY FOR 2 WEEKS POST-OPERATIVELY. *****

A small amount of coconut oil can be applied as a lubricant during stretches. It is both soothing and beneficial due to its anti-microbial properties. **Remember, the object of these exercises is to change the healing process and help the wound heal in the new OPEN position.

IF THE STRETCHING EXERCISES ARE NOT PERFORMED PROPERLY, THE WOUND WILL HEAL BACK TO ITS ORIGINAL SHAPE PRIOR TO SURGERY.

Tongue: Keep the diamond shape wound open by applying the coconut oil with a clean finger directly on the wound.

Press down on the floor of the mouth with one finger behind the bony ridge. Using a finger on your other hand, push tongue upwards, stretching for a count of 10, thus preserving the new range of motion. Then, try to place both of your index fingers on either side of the tongue and stretch diamond by pulling fingertips apart.

Lip: To help the triangle shaped wound heal in the new open position, apply the coconut oil with a clean finger, directly on the wound.

Follow the application of oil by lifting upper lip towards the nose and then pull side to side, while counting to 10. Make certain to pull upwards watching the tissue to ensure you are effectively stretching the tissue of the wound.

Please Note:

Some degree of excessive salivation, drooling, minimal bleeding and fussiness is to be expected in infants. The white "healing tissue" will form on the wound 1-2 days after the procedure. This is normal and not an indication of infection. It will slowly disappear in approximately 1-2 weeks post surgery. Also, for any emergency you may have after business hours please call our emergency line at (214)901-2003.

We will call in 10 business days to offer an appointment to visit Dr. Jodi if necessary. Otherwise, you may email photos taken in bright light to info@texaspediatricdentistry.com. Please include "Attention Dr. Jodi" in the subject line, with the child's name in the body of the email.