

Post-Operative Instructions for Infant Frenectomy

Congratulations on your infant's successful frenectomy procedure. To ensure optimal healing and mobility, please follow these guidelines closely:

Immediate Aftercare

- **Bleeding:** Minor oozing or bleeding post-procedure is normal. Our use of a soft tissue laser minimizes this, but please seek immediate medical attention if you notice excessive or heavy bleeding.
- **Symptoms:** Expect slight swelling and soreness in the treated areas, which should improve significantly within one to three weeks.
- **Fever:** A slight fever on the day of the procedure is normal. Monitor eating and sleeping patterns.
- **Pain Management:** Provide pain relief with [Children's Tylenol](#), following the dosage instructions based on your child's weight. Start medication [when you get home and for the next 2-3 days every 4-6 hours](#).

Hygiene and Preparation

- **Hand Washing:** Always [wash your hands](#) thoroughly before touching the surgical area.
- **Stretching Routine:** [Begin the stretches the day after the procedure](#). Position your baby on a changing table or bed, facing away from you. Use gloves (preferred) or ensure hands are clean and nails trimmed.

General Care

- **Comfort Measures:** Utilize skin-to-skin contact, warm baths, and soothing music to calm your baby.
- **Oral Exploration:** Engage in gentle, playful activities to prevent oral aversion, such as tickling their lips or gums or letting them suck on your clean finger.
- **Area Manipulation:** It's [crucial to perform the recommended stretches to prevent reattachment](#) at the release site and maintain mobility.
- **Scab Formation:** A [wet, white scab will form and may turn yellow or green; this is normal and not indicative of infection](#). Continue stretches as the scab diminishes to ensure proper healing.

Specific Exercises

- **Lip or Cheek Releases:** Gently insert your fingers into the lip or cheek fold, **pull up and out to expose the white diamond** of the wound, and **apply gentle but firm pressure** directly on the area.
- **Tongue Releases:** With one index finger push down right behind the gum pad in the floor of the mouth, and **push into and lift the tongue up and back** just above the white diamond to put **tension on the wound for a few seconds and repeat 3 times**. Use your non-dominant thumb to push down on the gum pad and hold the mouth open.
- **Frequency:** Perform these stretches **3-4 times daily for four weeks**. Perform a “deeper stretch” and **push twice as hard one time at 7 days** to ensure it isn’t growing back together. You will notice some bleeding if it reopens or stretches out, which means it was growing back a little bit, and now it’s reopened. If bleeding occurs, apply gentle pressure with gauze for 4-5 minutes.
- **Tutorial video:** <https://www.youtube.com/watch?v=B9w836TKHn4>

Monitoring and Adjustments

- **Observation:** You should expect one better feed a day (two better feeds the second day, etc.). Sometimes there’s an immediate difference in feeding, and sometimes it takes a few days to weeks.
- **Exercise Guidance:** Watch [Michelle Emanuel’s YouTube Channel](#) for additional exercises like tummy time and guppy exercises, and perform them daily.
- **Sleeping Position:** Avoid having your infant sleep on their stomach, which may cause additional strain.

Additional Support

- Consult with a **lactation consultant** if nursing.
- Consider visiting a **feeding therapist** if bottle-feeding.
- To ensure the best outcome, it is **highly recommended** that you seek the guidance and assistance of other healthcare providers, such as **craniosacral therapists**, **chiropractors**, or **oral myofunctional therapists**, who can help re-establish and improve oral function and range.

For any questions or concerns, please don’t hesitate to contact our office at **571-210-2771**.