

## Post Operative Instructions for Tongue/Lip Tie Release

There are two important concepts to understand about oral wounds:

1. Any open oral wound likes to contract towards the center of that wound as it is healing (hence the need to stretch it open).
2. If you have two raw surfaces in the mouth in close proximity, they will reattach.

### STRETCHES

Post-procedure stretches are key to getting an optimal result. These stretches are not meant to be forceful or prolonged. It's best to be quick and precise with your movements. Getting an affordable LED headlight (like a camping headlight sold on Amazon) can really help visualize the wounds and may allow you to get the best results.

A small amount of spotting or bleeding is common after the procedure, especially in the first few days. Because a laser was used, bleeding is minimized.

Wash your hands well prior to your stretches (gloves aren't necessary but can be used).

The easiest way to preform the stretches is to sit on the floor or on your bed, stretch out your legs, place baby with feet facing away from you and head in between your legs. Gently place your legs on top of baby's arms (as demonstrated in the photo) so that baby's hands are not in your way. Alternatively, one person can hold baby's hands while another person performs the stretches.



## TIMING

Start your stretches the evening of the appointment. Stretches should be done 5 times a day, for 4 weeks. Try to space these stretches out as evenly as possible during your waking hours with **1 stretch in the middle of the night** whenever possible. Try not to go 6 hours without stretching. Diaper changes are a good time to do the stretches. You can soothe your baby by feeding immediately after the stretches.

**The Upper Lip** is the easier of the 2 sites to stretch. If your baby had both the tongue and lip released, start with the lip. Typically, babies don't like either of the stretches and may cry, so starting with the lip allows you to get under the tongue easier once baby starts to cry.

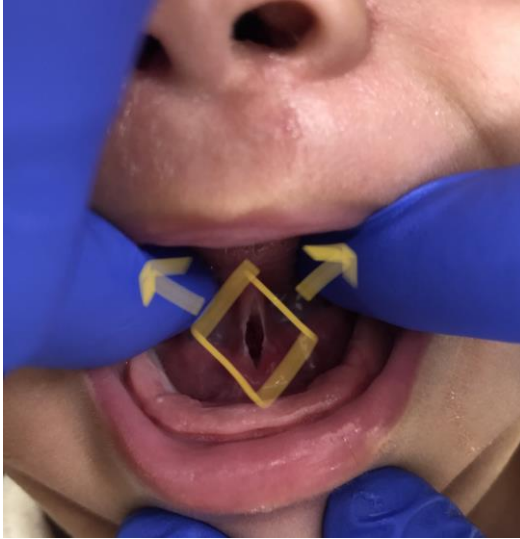
For the upper lip, place your index fingers under the upper lip just outside the diamond shaped wound. Before you lift the lip up, make sure your index fingers are as far into the vestibule as possible and then lift and stretch the lip up and out as close to the nose as you can get it. When you can visualize all edges and corners of the diamond, count to 5 and release the stretch.



**The key to the success of this stretch is that your fingers are placed deep enough prior to lifting the lip up. They should be placed under the lip all the way to the base of the where you can't go any further back lip on the left and right side of the wound but not touching the wound, then lift up and stretch out toward the nose.**

**The Tongue** should be your next area to stretch. Insert both index fingers into the mouth (insert one in the mouth and go towards the cheek to stretch out the mouth, making room for your other index finger). Then use both index fingers to dive under the tongue and once your fingers reach the base of the tongue, then lift the tongue up like a fork-lift, towards the roof of baby's mouth. When you see all 4 edges of the diamond, stretch

out the diamond, count to 5 and release the stretch. Getting your fingers under the tongue will be tricky at first, but once you do it a few times, it'll get easier!



**The key to the success of this stretch is that your fingers are placed deep enough prior to lifting the tongue up. They should be placed under the tongue all the way to the base of the tongue where you can't go any further back on the left and right side of the wound but not touching the wound, then lift up and stretch out.**

#### **THE WOUNDS:**

The wounds created are typically diamond-shaped as shown in the photos.

STARTING SEVERAL DAYS AFTER THE PROCEDURE, THE WOUND(S) WILL LOOK WHITE AND/OR YELLOW AND WILL LOOK VERY SIMILAR TO PUS.

This is a completely normal inflammatory response. Infections are very unlikely with the use of a laser. If you think an infection exists or if you notice swelling under the jaw, please call our emergency phone number 416 569 8500.

The following are examples of normal post op healing 5-10 days after the procedure:



The diamond shaped wound /wet scab typically begin to shrink between 2-4 weeks

**WHAT TO EXPECT:**

**PAIN**

Pain is common following tongue/lip tie release. The discomfort typically starts several hours after the procedure and is at its height for the first 48 hours. During the first 48 hours, your baby may be extra fussy, upset, and cry a lot. You can try soothing your baby by holding your baby skin-to-skin, bathing with your baby, walking or bouncing your baby or do anything that you would normally do to calm your baby.

You may use Tylenol or Ibuprofen (if 6 months of age or older). If your baby is under 6 months old and you feel you need it, please call us and we can prescribe the appropriate amount of Tylenol based on your baby’s weight.

<b>Pain Medication Charts for Infants and Children</b>					
<b>Acetaminophone (Tylenol/Tempra): please make sure the concentrated dosage of Infant Tylenol is 80mg/ml</b>					
<b>Strength of Medication</b>	<b>Amount of Acetaminophen to use for Child's weight</b>				
	3.0-3.9 kg (6-8.5 lbs)	4.0-5.4 kg (8.5-11 lbs)	5.5-7.9 kg (12-17 lbs)	8.0-10.9 kg (17.5-24 lbs)	11.0-15.9 kg (24-35 lbs)
<b>Infant Drops 80 mg in 1 mL</b>	0.5 mL	0.75 mL	1 mL	1.5 mL	2.0 mL



### **FEEDING**

During the first 48 hours after the procedure, your baby may want to feed more or less than usual. Feeding strikes are unusual but they are possible. If your baby doesn't want to feed as per normal for the first 1-2 days, don't be alarmed. This is common. If this continues past the first 2 days, please let us know. Please remember that while some babies demonstrate changes in function soon after the procedure, many babies require more time to learn how to function properly. If you are having feeding challenges post procedure, it may be beneficial to follow-up with your lactation consultant to help optimize results and feeding. If you'd like us to recommend a lactation consultant, please let us know!

### **FOLLOW UP**

We would like to see you and your baby 1 week post procedure to assess healing. If you have any questions or concerns prior to your follow up, please contact us via email [Hello@smilesquad.ca](mailto:Hello@smilesquad.ca) or by phone (416) 825-1818

Thank you for choosing us to provide this important procedure for your baby. We appreciate your trust in us and look forward to caring for your child in the future.