



Southern Dental Care
Dr. Lacey Andreotta
www.southerndentaldds.com

Instructions after Lip Tie & Tongue 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 keep it dilated open).
2. If you have two raw surfaces in the mouth in close proximity, they will reattach.

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. I feel that getting an affordable LED headlight (like a camping headlight) allows you to get the best results.

You may use Tylenol, Ibuprofen (if 6 months of age or older), Arnica, Rescue Remedy or other measures to help with pain control. **Previously, we recommended the use of Hyland's Teething Gel or Orajel Naturals. As of October 2016, the FDA has requested that these gels no longer be used. A suitable replacement is an organic coconut oil, which can be safely used in the mouth following the procedure.**

The main risk of a frenotomy is that the mouth heals so quickly that it may prematurely reattach at either the tongue site or the lip site, causing a new limitation in mobility and the persistence or return of symptoms. The exercises are best done with the baby placed in your lap (or lying on a bed) with the feet going away from you.

Stretches

A small amount of spotting or bleeding is common after the procedure, especially in the first few days. Because a laser is being used, bleeding is minimized. Wash your hands well prior to your stretches (gloves aren't necessary). Apply a small amount of the coconut oil to your finger prior to your stretches.

TIMING: DO ONE STRETCH ON THE EVENING OF SURGERY. THEN, SKIP AHEAD TO THE NEXT MORNING (KEEP IN MIND THAT THIS IS THE ONLY TIME THAT YOU SHOULD SKIP THE OVERNIGHT STRETCH).

My recommendation is that stretches be done 5x/day for the first 7-10 days, and then spending the 2nd week quickly tapering from 5 to 4 to 3 to 2 to 1 per day before quitting completely at the end of the 4th week. I find it's easiest for parents to do 4 of the stretches during their waking hours and one of those stretches in the middle of the night, taking care to not go more than 6 hours between stretches. diaper changes are a good time to do the exercises.

The Upper Lip is the easier of the 2 sites to stretch. If you must stretch both sites, I recommend that you 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 the baby starts to cry. For the upper lip, simply place your finger under the lip and move it up as high as it will go (until it bumps into resistance). Then gently sweep from side to side

for 1-2 seconds. Remember, the main goal of this procedure is to insert your finger between the raw, opposing surfaces of the lip and the gum so they can't stick together.

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 pick it up, towards the roof of baby's mouth. The tongue needs three separate stretching motions:

1. Once you are under the tongue, try to pick the tongue up as high as it will go (towards the roof of the baby's mouth). Hold it there for 1-2 seconds and then relax. The goal is to completely unfold the diamond so that it's almost flat in orientation (remember, the fold of the diamond across the middle is the first place it will reattach). The key to the success of this stretch is that your fingers are placed deep enough prior to lifting the tongue up. Picture how a forklift works: If you don't get the forklift tynes completely under the pallet, lifting the pallet up will cause it to tip backwards. If you get the tynes completely under the pallet, you can lift the pallet straight up. I recommend pushing your index fingers together to prevent them from separating, then push at the top of the diamond into the tongue (in the direction of the tonsils). Once you are under the tongue, then lift the tongue so that the middle of the tongue comes up with you. If your fingers separate and go on either side of the diamond, your lifting pressure will be directed at the sides of the tongue and not at the diamond itself.
2. With one finger propping up the tongue, place your other finger in the middle of the diamond and turn your finger sideways and use a lifting motion from low to high to try and keep the diamond as deep as possible. Use a lifting motion when you sweep through the diamond, trying to separate the horizontal fold across that diamond. Make sure your finger starts within the diamond when doing this stretch. This stretch should not be forceful or rough within the wound.
3. Massage on either side of the diamond (outside the diamond) to loosen up the musculature of the remainder of the floor of mouth. You can use more pressure when doing these stretches because you aren't in the wound at this point.

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. Do not let your child's regular doctor, lactation consultant, friend who thinks they're an expert, or anyone else make the determination for you. If you think an infection exists, give our office a call.

It is essential that you follow-up with your lactation consultant and any other specialist we've spoken about after the procedure to ensure optimal results. This is NOT a quick fix procedure.

Call our office for any of the following:

- Uncontrolled bleeding
- Refusal to nurse or take a bottle
- Fever > 101.5

If you'd like to watch videos of these stretches they are available at www.drghaheri.com/aftercare/

phone: 504.347.1014 fax: 504.340.1257
7301 Westbank Expressway Marrero, LA 70072