**CONTRIBUTED BY**

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#### Frequently Asked Questions or Concerns

***Begin Stretching exercises tonight. You do not have to wake infant up during the night. Do the stretching during awake time. You do not need to wear gloves.***

***9. If your infant cries about three hours after surgery, it is normal.*** This may occur when the analgesic effects of the laser wear off. You can use an infant pain medication if desired. You may apply the teething gel if discomfort continues  
  
***10. When should we see improvements in breastfeeding?***  
 **a.** Many infants will show an improved latch on the breast immediately after surgery, however in some instances this may take as long as a week. If you see immediate improvement and then a week or so discomfort returns, you may not have used adequate force when opening the surgical sites and the sites may need to be re-treated by Dr. Brewster. In many instances, you will not experience full improvement unless you have scheduled follow-up care with craniosacral therapy (CST).  
 **b.** Some newborn infants may take a few days to develop a good latch on, as they begin to gain strength.  
 **c.** You cannot make the surgical sites bigger or cause any damage when you stretch either the lip or the tongue revisions. **d.** The white area that develops within the surgical site is normal, this is not an infection. Lasers kill bacteria during the procedure. ***11. After revision of the lip-tie, you may also assist in improving the latch by pulling up the upper lip outward when your infant first starts to latch-on.***

**12.** After surgery, it is important to see your **Lactation Consultant (IBCLC) and specialist in infant craniosacral therapy (CST).  
  
\*\*\*\*It is not often, but for a variety of reasons, EITHER THE LIP OR TONGUE AREA MAY NEED TO BE REDONE DUE TO RE-GROWTH OR ATTACHMENT DURING THE HEALING PROCESS.** If there is such a need to redo the surgery within the ***six months post-surgery*** for any area previously charged there will not be any additional fees charged. After nine months, there will be an additional fee for redoing the same area.

***1. Massage the surgical sites at every nursing session.*** Massage the face externally as often as you want. ***2. How often do we need to stretch the tongue and lip?***   
 **a.** At least **2-3 times a day for 10-14 days** starting tonight. Gloves are not needed at home.  
 **b.** Stretching can be completed before you breastfeed, after nursing on one breast and before nursing on the other breast or after breastfeeding.  
  
***3. How hard do we stretch?***  
 **a.** Use enough force to make sure the area does not close. If you see a red line in the healing area, you are not stretching adequately. A red line means the area is reattaching. Bleeding may occur if re-healing is occurring.

***4. How long do I stretch for each time we open the area?***  
 **a.** Long enough to make sure the entire diamond is opened up. Usually **5-10 seconds**.  
  
***5. It is not uncommon for the upper lip to begin to swell after the lip-tie is revised.*** If this occurs, you can place a cold compress on the outside of the upper lip. Do not place ice directly on the lip. This should gradually disappear after a few days. It is not a sign of an infection!  
  
***6. If your infant has any post-surgery bleeding, it is not an emergency.*** Place a regular teabag on the area for three to five minutes. Herbal tea does not work.  
  
***7. Please keep in contact the day after surgery and for a few days post-surgery with*** [INSERT PROVIDER OFFICE INFO].  
  
***8. If your infant appears to have excessive drooling, this is normal after surgery due to your infant’s increased tongue mobility, which will stimulate salivary flow.***

**General Comments**