

**CONTRIBUTED BY**

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**Post-op instruction after your baby’s laser frenulum treatment** .**Most** *infants do not require any pain medications*. However, every child is different and responds in his or her own way. You may notice more irritability or fatigue depending on the severity of the treated ties or just individual sensitivity differences. If you feel that you must use medications, then over the counter brand name or generic Tylenol may be used and (you will be provided with a specific dose for your baby’s weight)…..may be given in single doses every 6-8 hours. However, *after the first 36-48 hours, I would* ***NOT*** *expect you to require any pain medications…..* **As an alternative**, you may also breastfeed as the act itself plus the sweetness of the breast-milk will help calm the baby. If this is not possible for you, your IBCLC can instruct you how to hand express or pump milk to feed your baby. There are a variety of methods. This will keep your baby hydrated, fed and you will be relieved of engorgement. *At home you may notice a slight swelling of the lip after the laser surgery*. This will go away in a day or so. It should not be significant and **never distort the lip**…… **Beginning on the first day**, for 3-4 times daily andprior to nursing……You **can** do face and cheek massage to stimulate the facial muscles…. using just gentle touching or very slight pressure. After a minute or so of this, you may also practice rooting skills with your baby by outlining your child’s lips with a fingertip in a tapping fashion around the entirety of the lips (upper and lower and corners). This stimulation exercises the natural rooting reflex of the lips to seek out the breast for food and sucking……( This should be followed by nursing, a pacifier or bottle to complete this exercise)…… ***Your IBCLC is your best personal source of post frenectomy breastfeeding care to provide you with additional exercises.*** *This new found lip and tongue mobility may be a little confusing to your baby. In some cases your baby may be so hungry that he/she may go into panic mode and be difficult to calm down.* ***Therefore******this exercise may need to be delayed until after his/her meal. Or, you may not even require this exercise at all.* The day after treatment**: You will begin to notice a white diamond or triangle shape in the area *under the upper lip* or a white line under the tongue (if there was a tongue tie release). This is *normal* and expected to last for 7-14 days. The mouth does not form a dry scab as is normal on dry skin……. *You will position your baby on his/her back on a safe, firmly supported surface such as a changing table with you at the head position and feet away from you, as previously instructed. It can be helpful to place a small face cloth or other smaller towel under your baby’s neck for support and easier access to get into his mouth.* You will then **stretch** under the upper lip with your finger for ***10-20 seconds*** with a clean and washed finger that has a *small amount* of **breast milk on the finger pad**, formula , or a small amount ***( to lightly wet the finger tip*** ) of coconut oil (if there is no allergy) or olive oil to create a glide. *Some friction is necessary to obtain the stretch*. This is to allow a smooth passage of your finger over the treated area. This should be done ***4 times a day for 10-14 days***. *If the* ***tongue*** *was also treated than you may do this for the tongue also*. However, you will need to press more firmly and push down, back and up in a sweeping motion with your **thumb or finger (as was demonstrated)**. It is natural for your child to resist, however you do want to keep the treated area stretched so that healing will not allow a tightened tissue. (It will not reattach to the original position but the area can shorten a little). *You should notice an improvement in latching to the breast or sucking on the bottle. The feeding should become more efficient and less frequent. However, there is also the possibility that for a day or two your baby* ***may be more resistant*** *to nursing as the frenectomy procedure may cause a temporary rejection of nursing. This is temporary! Both you and your child should regain more energy and alertness due to better intake of food and calories and more rest with less struggling. Your breasts should feel better and discomfort should be less……*.If you have any questions, please call the office at [PROVIDER PHONE # ] during regular office hours or call my cell phone at [PROVIDER PHONE # ] and leave a message or take a picture of the area of your concern and send it to me. Please remember to leave your name and a return phone number for me……. It has been my honor to have been part of your baby’s care……..