

# Post Infant Frenectomy Care

Stretches begin **tomorrow morning**: Baby should be flat on his/her back on your lap or a hard surface with parents behind the head. These stretches are NOT meant to be forceful or prolonged. It's best to be quick and precise with your movements. A flashlight or a camera phone light helps get the best results.

**10 seconds each**

**6 x day**

**2 (lip) / 6 (tongue) weeks**

Complete the stretches **every 4 hours starting** tomorrow and do not exceed 6 hours between stretches. For the first 24 hours, feed after stretching. Afterwards, alternate stretches to be before or after feedings or at diaper changes. Consider making a log with timings and/or use cell phone alarms.

**Lip**: Slide the pad of your index finger under the center of the lip and pull the lip away until it bumps into resistance and hold for 10 seconds.

**Tongue**: Place the pad of your index finger directly on the center of the wound and press straight down to the ground (or back of the mouth) for 10 seconds. Use 1-2 pounds of pressure (use a tabletop scale).

## **Pain Relief:**

- Infant Tylenol, Ibuprofen (if 6 months of age or older), Arnica, Rescue Remedy can help with pain control
- Consider starting first dose within 2 hours of procedure and take as directed
- Cold breast milk can be soothing. Soak clean/washed finger in cold breast milk before stretches
- The FDA does not recommend the use of Hyland's Teething Gel or Orajel Naturals

## **Precautions:**

- Limit pacifier use
- Make sure your hands are clean and your fingernails are short (or use gloves)
- Consult with Dr. Joshi or your pediatrician before trying any home remedies
- Always schedule a follow up appointment with your lactation consultant
- The upper lip may be puffy for a week
- Surgical sites can turn yellow and this appearance may persist for 3 weeks
- A small amount of spotting or bleeding during exercises can occur in the first few days- if bleeding does not stop quickly or bleeds more than a cut lip amount, place baby on breast, bottle or pacifier to stop the bleeding.

**INFO@DPDSMILES.COM**

**630-469-7696**

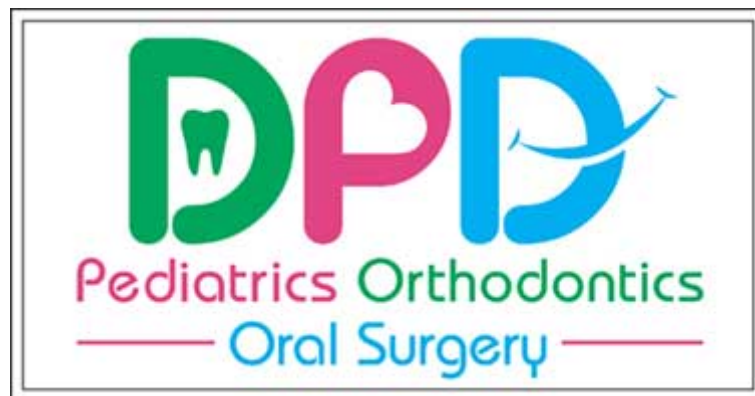
**Keep it positive:** Smile, laugh and play beforehand and during. Give your baby a big hug and lots of kisses after.

**Suck Training:** It's important to remember that you need to show your child that not everything that you are going to do to the mouth is associated with pain. See your lactation consultant to learn about which exercises are beneficial for your child. It is usually recommended to start these on the 3rd day following the procedure.

**Dr. Joshi's Contact:** During business hours, please call 630-469-7696 or email [info@dpdsmiles.com](mailto:info@dpdsmiles.com).

**630-403-8478 - text first- photos accepted** (from 5 pm to 9 pm on week days and from 7 am to 9 pm on weekends).

If you feel there is a life threatening emergency, please call 911.



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