

Infant Frenectomy Post-Op Guide

What to Expect After Your Baby's Procedure

Day 1-3

Your baby may feel sore and express fussiness. Baby may have inconsistent feeding and may even experience an aversion. Ensure you have proper comfort measures on hand.

Day 7-10

You may notice some improvements with feeding. Baby is adjusting to having improved range of motion and flexibility. The soreness has decreased and baby can tolerate stretches a bit better.

Day 14-21

More consistent improvements should present. Baby is building strength and coordination. The white, diamond-shape wound is starting to disappear, and new tissue appears that is more flexible and functional.

During the first week, it is very normal for feedings to be inconsistent due to initial soreness and changes in oral mechanics.

Your baby may experience longer stretches of sleep due to increased tiredness, discomfort, or possibly more efficient feeding resulting in more post-feed satisfaction.

As your baby adjusts to having more oral mobility, baby may consume more milk in a shorter time, leading to increased salivary production and possibly more spit-up.



The first week can be quite an adjustment, and it is essential to have the support from your specialized therapists.

Pain Relief

For pain, give Children's Tylenol (160mg/5mL)

- 6 lbs = 40mg or 1.25mL
- 7 lbs = 1.5mL
- 8 lbs = 1.75mL
- 9 lbs = 2 mL
- 10 - 11 lbs = 2.25 mL
- 12 - 14 lbs = 80 mg or 2.5 mL
- 15 - 17 lbs = 3 mL



If your child is 6+ months and 12-17 lbs, you may give Infant's Motrin (Ibuprofen) at 1.25mL (50mg).

If you are unsure about administering pain medication, please consult with your pediatrician.

Homeopathic Remedies

- can be used in conjunction with conventional medication or as an alternative
- prompt the human body to initiate its own healing abilities
- are made from natural substances like plant extracts and minerals



Boiron Camilia (oral liquid doses)

- for babies 1 mo+: administer one entire liquid dose
- you may repeat every 15 minutes for 1-2 more doses
- this repetition of 3 doses can be repeated 3x a day for a total of 9 doses per day

Hyland's Naturals Baby Oral Pain Relief (dissolvable oral tablets)

- babies <6mo: dissolve 2 tablets on tongue every hour up to 4 hours as needed
- for infants, dissolve tablet with a drop of breastmilk/water on a plate to create a paste you can wipe inside of the mouth
- for babies 6mo - 2y: dissolve 3 tablets on tongue every hour up to 4 hours as needed

If your baby is fussy, try taking a warm bath together, skin-to-skin, baby wearing, gentle bouncing, or cold teethers for oral discomfort.

Healing Sites

Please note, healing timelines may vary among children and healing wounds look different for everyone. Please see our photo gallery for more images.

The released area will form a soft, wet scab after the first day. It typically appears white, but can also turn yellow or even green. It resembles a diamond shape, and usually peaks in size by day 5. The diamond will shrink over the course of a few weeks.

Tongue Healing Site



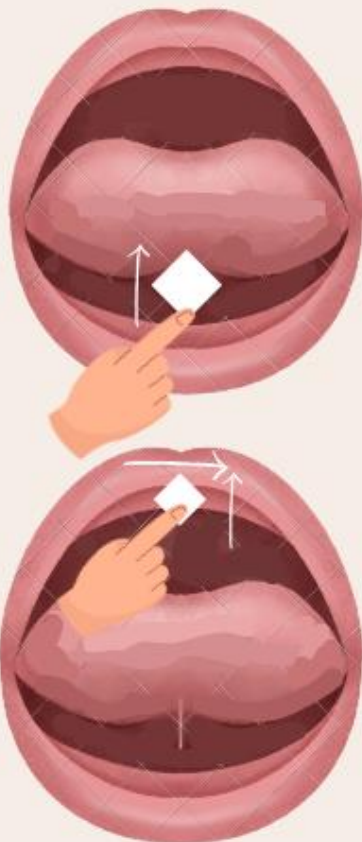
Lip Healing Site

The lip may swell slightly for a few days.



Wound Care

Your goal is to have the area heal and yield the most mobility possible. It is recommended to perform the stretches with baby laying down on a changing table, bed, or couch facing away from you (similar to the positioning used during the exam). Stretches should take only a few seconds and slight bleeding may occur. If you notice bleeding that is concerning, call us.



Tongue: Push In & Swipe Up

Using a clean or gloved index finger, push in from the bottom of the diamond, and swipe the tongue up towards the roof of the mouth.

Repeat this motion 3 times, ensuring that the diamond elongates vertically, and ending the motion at the top of the diamond.

Perform this stretch 5x/day for 4 weeks.

Lip: Swipe Up & Sweep Across

Using clean or gloved hands, lift the upper lip up and out as high as possible. Place your finger directly in the center of the diamond, and swipe up gently but firmly.

Sweep your finger across the wound for a few seconds.

Repeat this motion 3 times.

Perform this stretch 5x/day for 4 weeks.



The first stretch should be performed no later than 6 hours post treatment. If you notice that the tissue is becoming tight, do a “deeper” stretch by using a bit more pressure and firmness. You may notice bleeding as it reopens.

When to call:

- if baby is refusing to feed (bottle and/ or breast) for over 8 hours
- uncontrollable bleeding from wounds
- fever > 101.5 F

Whether nursing or bottle feeding, it is essential that you follow up with your IBCLC or feeding therapist. A bodyworker (chiropractor, pediatric craniosacral therapist) may also be helpful in releasing tension, calming the nervous system, and improving overall structural mobility. Specialized therapists (physical, occupational) can address body tone, range of motion limitations, and asymmetries in physical development.



**Most importantly, remember, that we are all here for you.
If you have any questions or concerns, please don't hesitate to call our office.**

Dr. Gal Hersheko