



POST OPERATIVE CARE FOLLOWING INFANT FRENECTOMY

Immediately following the procedure, we ask that you try and breast feed your baby if you intend on breastfeeding. If you are supplementing using a bottle or a nipple shield, we ask that you attempt to try without. In some cases, there are immediate results afterwards. If this is not your case do not be discouraged. *We ask that you follow up with your IBCLC to begin working on exercises focusing on retraining the upper lip and tongue to function more effectively and properly while you are nursing or using a bottle.

Some infants may show signs of discomfort immediately after surgery and/or in the first few days following their frenectomy(s). You may use frozen breast milk chips at the frenectomy site to help your baby with any discomfort by freezing a thin layer of breast milk in a freezer bag and breaking it into small chips when completely frozen. *If your baby is experiencing any discomfort with the post op stretches you may also use these breast milk chips at each site. * If needed, you can use Infant's Tylenol per your baby's weight.

After a frenectomy has been performed it is important to manipulate the procedure site at least every 4 hours or during each feeding. It will be your responsibility at home to perform the stretches Dr. Jamil has shown you with freshly washed hands to limit reattachment (gloves are not needed). An email will also be sent to your inbox containing a video of how to do the stretches at home with your baby.

Upper lip: Use your thumbs and index fingers to firmly hold onto your baby's upper lip and elevate towards the nose exposing the diamond shaped procedure site. While doing so use your middle fingers on either side of the surgical release and firmly press to reopen the scab. This will likely result in some slight bleeding which is normal, since healing will bring new blood vessels into the area. This is done at least 6 times a day for 2 weeks (or until the wet scab is gone). Your goal is to keep the tissues from healing back together.

Tongue: You will need to lift the tongue from the floor of the mouth exposing the diamond shape procedure site and push the tongue up and back towards your baby's throat. This will likely result in some slight bleeding which is normal, since healing will bring new blood vessels into the area. This is done at least 6 times a day for at least 4 weeks. Your goal is to keep the tissues from healing back together and minimize the "reattachment." (Dr. Jamil feels it is not necessary to wake your baby throughout the night, but to make sure the first stretch in the morning is a little more aggressive.)

Expect to see a white/yellow patchy area in the location of the frenectomy. This is a "wet scab" and is part of the healing process. This is a normal appearance and is not any type of infection. Infection of these surgical sites is almost nonexistent. You may apply a barrier or a thin layer of either coconut oil or vitamin E oil with a Q-Tip or using your fingertips 3 times a day. If you choose vitamin E oil, be aware it has a bad taste.

If there is any concern following the procedure, please call the office at (214) 935-3764. If there is a problem that cannot wait until regular office hours, Dr. Jamil and staff will receive texts at the office number as well. Please text your child's name and a photo explaining your concerns.



POST OPERATIVE CARE FOLLOWING CHILD FRENECTOMY

What to expect immediately following your procedure

Wait until the numbness from the local anesthetic is entirely gone before eating. Avoid using straws for the first 48 hours. If you must eat while numb or partially numb, start with cool, soft, spoon-fed foods to avoid causing excess swelling and bleeding, accidental burns, or cheek/lip/tongue biting.

Until the wound heals, it is best to avoid foods that can cause discomfort. Examples are hard/crunchy foods like chips and popcorn; acidic foods like citrus, vinegar, or tomato; and spicy foods.

Begin to brush your teeth tonight as normal. You may resume most normal physical activity the next day. Wait 48 hours before swimming or more strenuous activity.

Some discomfort and discoloration is to be expected following a frenectomy. In addition, some bruising of the tongue is common. Tylenol or Ibuprofen as listed by patient's age/weight can be taken every 4-6 hours if needed to relieve any discomfort. If greater discomfort is anticipated, a prescription will be given.

Minimal swelling with discomfort may occur following surgery. Apply ice to the outside of the lip if the surgery was a maxillary or mandibular labial frenectomy (upper or lower lip). For a lingual frenectomy (under tongue), try a popsicle or place ice chips under the tongue. Ice application is appropriate for the first 24 hours, then discontinue using ice. You may rinse with warm salt water 2x/day.

Some bleeding following oral surgery is normal. Since we used a soft tissue laser, this is minimized. However, if excessive bleeding occurs, fold a piece of sterile gauze or a tea bag (black tea) and place this over the space where the surgery was performed. Hold with moderate pressure for 10-15 minutes. Repeat if necessary.

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